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Aim for a Healthy Weight

By U. S. Department of Health

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Paperback. 42 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. This

book is a B and W copy of the government publication. Why Is

a Healthy Weight Important Reaching and maintaining a

healthy weight is good for your overall health and will help you

prevent and control many diseases and conditions. We know

that an increase in weight also increases a persons risk for

heart disease, high blood cholesterol, high blood pressure,

diabetes, gallbladder disease, gynecologic disorders, arthritis,

some types of cancer, and even some lung problems (see Box

1). Maintaining a healthy weight has many benefits, including

feeling good about yourself and having more energy to enjoy

life. A persons weight is the result of many things height, genes,

metabolism, behavior, and environ- ment. Maintaining a

healthy weight requires keeping a balance . . . a balance of

energy. You must balance the calories you get from food and

beverages with the calories you use to keep your body going

and being physically active. The same amount of energy IN

and energy OUT over time weight stays the same If you are

overweight or obese you are...



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