



healthy habits

Diet, fitness and exercise. The latest tips are featured in every magazine and on every talk show. And yet, even with so much attention on healthier lifestyles, more than 60 percent of adults in the United States – and more than 22 percent of our children – are overweight or obese.

These alarming statistics can be attributed to more sedentary lifestyles and our increased access to more highly processed foods. But regardless of the cause, weight gain is a growing concern – and one that can affect more than just your scale.

Reduce the Weight, Reduce the Risk

Being overweight or obese has been associated with increased risk for several conditions. And, while being overweight may not be the cause, it does make managing them more difficult.

- High blood pressure
- Cardiovascular disease, including coronary artery disease and stroke
- Type 2 diabetes
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some forms of cancer, including colon, breast and prostate

The good news is that losing weight and improving your health is achievable – losing even 5 percent of your body weight can lower your health risks for weight-related disease.

If you're overweight, consult with your doctor about starting a wellness program that includes:

- A well-balanced diet – make sure you're as nutrition-minded as you are calorie-conscious.
- A regular exercise program – even one daily walk can begin to make a difference in your weight and overall health.

If you are obese – a chronic disease where extra weight comes from too much body fat – your doctor will need to more carefully manage your condition and focus on reducing the risk of additional health problems in addition to losing the weight.

It's never too late to get started on the road to better health. And no matter what your shape or body size, you can reduce your risk for certain diseases and improve your health by eating well and keeping active.

Did you know your CareAllies Healthy Steps to Weight Loss® weight management program could help?

Take the first step to living a healthier life.

The CareAllies Healthy Steps to Weight Loss® program helps you manage your weight using a non-diet approach. It assists you in building confidence, becoming more active, eating healthier and changing habits. You can select from two convenient options, a telephone program or an online program – or use both.

Get the support you need and the results you want. Call [000.000.0000] or go online: [www.myCareAllies.com] and enter the password: [xxxxxxxxx]