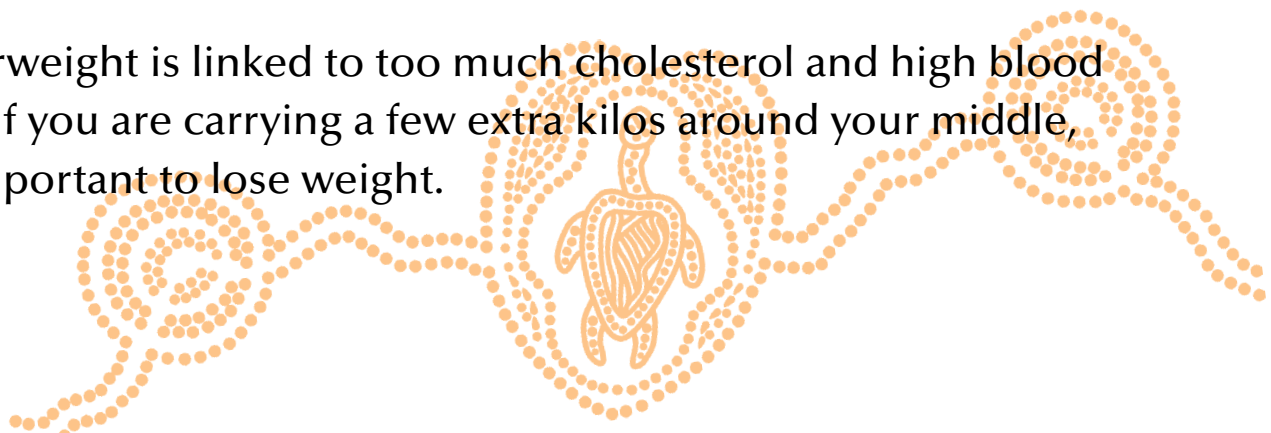


Healthy body weight

People come in all shapes and sizes. Those who have a 'pot belly' – even if their legs and arms are skinny – are at greater risk of health problems.

Being overweight is linked to too much cholesterol and high blood pressure. If you are carrying a few extra kilos around your middle, it's very important to lose weight.



Benefits of a healthy body weight

If you have a healthy body weight, you will reduce your risk of:

- heart disease
- stroke
- high blood pressure
- high cholesterol from eating fats
- high blood sugar levels.

You will also find you have:

- increased energy levels
- increased ability to be active
- higher self-esteem
- less pressure on your muscles and joints
- better health overall.

Tips to maintain a healthy body weight:

- eat healthy foods
- limit take away food
- continue physical activity – find 30 minutes every day of the week
- reduce the amount of alcohol you drink
- drink plenty of water.

