My heart my family our culture

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.