



www.nhsforthvalley.com/weight

Benefits to Losing Weight

Losing a small amount of weight and keeping it off, can make a big difference to your long term health. Evidence shows that losing even a modest 5% - 10% of your initial body weight (that's around 5-10kg (11-22lbs) depending on your starting weight) is a realistic target weight to set. Individuals losing this amount of weight and managing to keep it off, will soon start to feel the benefits.



**Reduces
blood
pressure**



**Improves
arthritis,
mobility and
less joint pain**



**Reduces risk of
heart disease
and stroke**



Sleep better



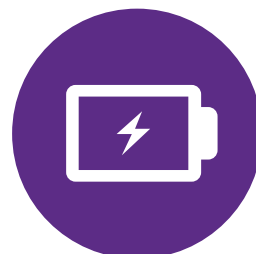
**Reduces risk of
type 2 diabetes
and improves
long term
control**



**Feel happier,
fitter and
healthier**



**Reduces risk of
developing
certain cancers**
*such as gall bladder,
prostate, kidney,
breast and colon*



**Have more
energy**



**Improves
cholesterol
levels**



**Improves
self esteem,
mood and
more confidence**