

## 10 Health Gains from a 10% Weight Loss

- 10** Lowers the risk of gallbladder disease.
- 9** Lowers the risk of sleep apnea, a serious breathing difficulty during sleep.
- 8** Lowers the risk of congestive heart failure. Excess weight puts stress on the heart and lungs.
- 7** Reduces the risks of some types of cancer. A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.
- 6** Puts less stress on your bones and joints, especially the knees.
- 5** Lowers the risks of heart disease, heart attacks, and stroke.
- 4** Reduces the risk of diabetes and helps control blood sugar levels if you're already diabetic.
- 3** Reduces blood pressure. Even a small weight loss can help to lower high blood pressure.
- 2** Improves your ability to move and be active. Losing weight makes every step and breath easier.
- 1** The #1 reason to lose weight is ...  
**You will feel better!** Set a goal to lose 10% and 'Go For It!'

