REASONS FOR LOSING WEIGHT

People who are overweight or obese are more likely to develop heart disease and stroke,even if they have no other risk factors.

Obesity is unhealthy because excess weight puts more strain on your heart. It can raise blood pressure, cholesterol and can lead to diabetes.Losing weight is one of the best ways to reduce your risk of heart problems and other diseases.

Weight loss to a healthy weight for person’s height can promote health benefits. These include cholesterol and blood sugar levels,lower blood pressure, less stress on bones and joints,and less work for heart.

It is vital to maintain weight loss to obtain health benefit over a life time.

**Calorie balace** is the most important element in weight loss.As the Centers for Disease Control and Preventative puts it: if you are gaining weight, you are eating more calories than your body is using.Calories play a big role in controlling your weight.

**Lifestyle changes to lose weight**

* Set a weight loss target.
* Eat within a 12 hour window.
* Don’t skip breakfast.
* Take time to eat mindfully and chew properly.
* Thirst,not hunger.
* Eat your greens and look after your gut.
* Do lots of movements or exercise.

Golden rules you should follow if you would like to lose weight are;eat only when your hungry,eat what you want to eat and not what you think you should eat,eat consciously and enjoy every mouthful,stop eating when you feel like your stomach is full.

* Losing weight can have numerous benefits for overall health and well-being.Some of the other reasons recommended are;Diabetes,and certain types of cancer.Improved cardiovascular health.
* Weight loss can decrease blood pressure and cholesterol levels hence improving heart health and reducing the risk of cardiovascular problems.
* Enhanced mobility and joint health:shedding excess weight can alleviate stress on joints,thus reducing pain and improving mobility.
* Increased energy stamina:Losing weight can lead to higher energy levels and improved physical performance.
* Boosted self-confidence and mental well-being:Achieving weight loss goals can improve self-esteem and mental well-being,leading to a more positive outlook in life.
* Losing weight doesn’t just decrease your risk of developing chronic conditions.It can also improve your body’s immune system and make it easier for your to fight minor infections like colds.
* Research has shown that people who are overweight or obese have lower life expectancy than individuals who are healthy weights.Much of this is because being obese is linked to diseases and other health conditions,as mentioned earlier.
* One lesser known benefit of losing weight is improved memory because obesity can cause dysfunction of the parts of the brain associated with memory.Memories of adults with BMIs of 18 to 51, do not perform well as well as those with lower BMIs.
* Losing weight has been shown to improve memory and cognitive functions in adults.Individuals who are overweight or obese are more likely to have decreased lung volumes,meaning their lungs aren’t able to hold much air.When this happens,they may frequently experience shortness of breath,wheezing,chest pain.However researcher suggests that adults with lower BMIs have better lung capacity.