**WHY YOU SHOULD LOSE WEGHT**

Over the recent years the issue of weight has become a health concern to most people and should be taken as a precaution. Losing just 5% to 10% of your total body weight is beneficial to your health and puts you away from risks associated with weight thus improving your self-esteem and reduce any insecurities you may have about your body even though that doesn’t mean you can’t be confident in yourself even if you are overweight. You also shouldn’t fall into the trap of believing that a smaller body will make you happier. All said and done losing weight: lowers risk of diseases, improved immune system, reduced joint pain, increased life expectancy, improved memory, reduced need for medications and improved fertility.

Losing weight might seem hard for everyone especially difficult if you are very overweight or have been obese for a long time. You might even think that losing weight is impossible because you feel unable to change your eating and exercise habits or maybe you are overwhelmed and just don’t know where to start.The truth is that making small changes to your eating and exercise habits can make a difference. It can help you shed enough excess weight in the weeks or months before your surgery to make a difference to your recovery. And, you don’t necessarily need to achieve your ideal body weight right away. Losing even a portion of your excess body weight may lower your risk of complications during or after surgery.

If you develop an infection, it will not only slow your recovery, but you may need to take antibiotics, have another surgery, or spend more time in the hospital. The good news is, it doesn’t take much to experience the health benefits of losing weight. Even losing a modest amount – just 5-10 percent of your total body weight – can result in almost immediate health benefits and reduce your risk for a wide variety of health conditions and diseases. In fact, almost every aspect of your health improves when you lose weight.

Losing weight can feel daunting, and requires planning and commitment. Starvation and gimmick diets are not effective over the long-term and can actually harm your health. Instead, take small steps towards improving your diet, increasing your exercise ([walking is great](https://www.uhhospitals.org/blog/articles/2022/05/is-walking-good-enough-exercise)), and taking everything in moderation” approach to your lifestyle in general. Weigh yourself once a week, track your progress and remember: you didn’t gain the weight overnight and you won’t lose it overnight. Be patient with yourself and give it time. You’re on a journey, not a sprint, toward a healthier life and reducing your risk for a wide range of health problems.

Remember , if you have put off starting a weight loss program because the end goal feels unattainable, it’s been said that “the journey of a thousand miles begins with a single step”. focus initially on the smallest and simplest lifestyle changes, and score some initial “wins.” You’ll probably be surprised at how quickly your efforts start to snowball.