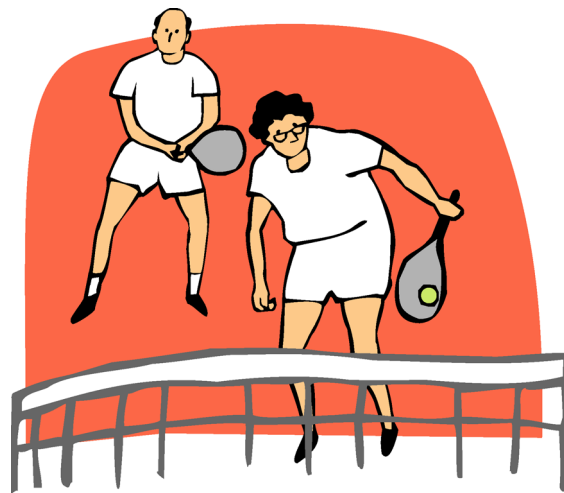


Benefits of Weight Control and Exercise



- Lower blood pressure and blood glucose
- Lower cholesterol and triglycerides
- Less arthritis pain

Benefits of Moderate Weight Loss



Just losing 10–20 pounds may be
enough to reduce risk

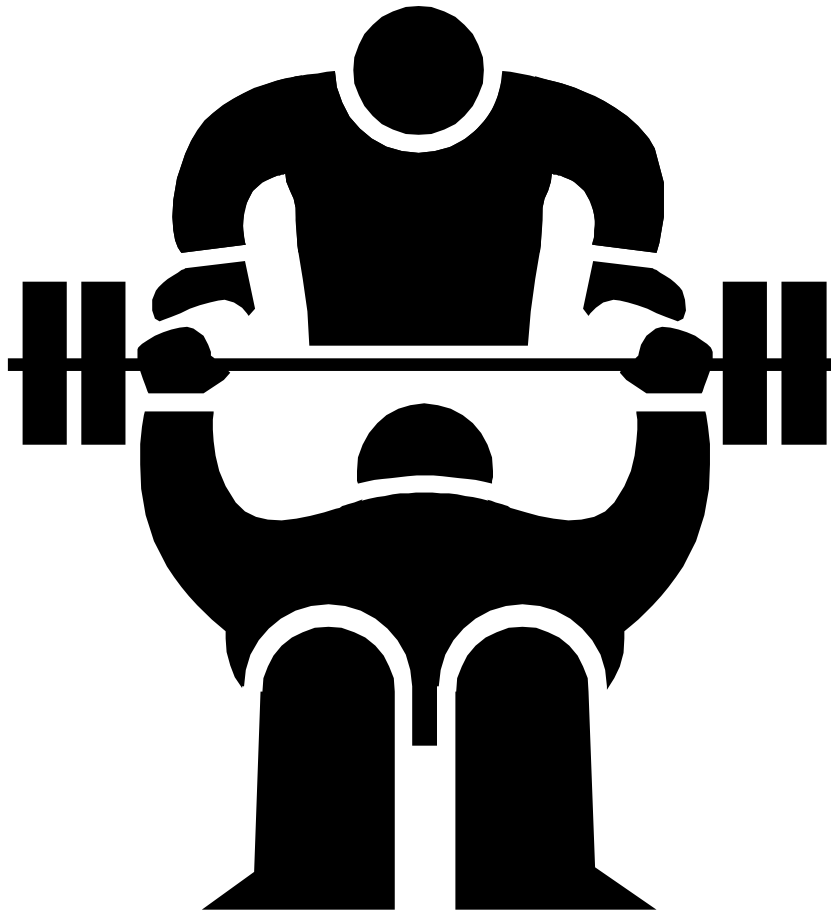


A Healthy Body Weight



The weight you maintain when eating a healthy diet and exercising most days of the week

Repeated Weight Loss and Gain

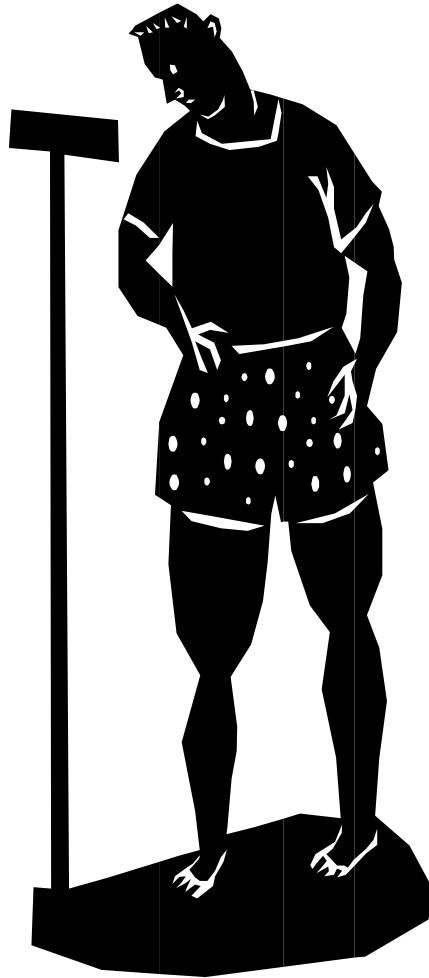


Repeated weight loss and gain loses more muscle and adds back more fat



Overhead

Muscle Weighs More Than Fat



You may not notice much weight loss
when you start exercising



Overhead

Talk With Your Doctor



Never start an exercise program
without discussing it with your doctor



Overhead

How to Have a Successful Walking Program

- Start slow—do less than you think you can
- Add more distance each week
- Walk with a friend or pet
- Listen to tapes



Exercise So You Feel Exhilarated, Not Exhausted



Overhead

If There Is Pain There Is No Gain



Overhead