



Benefits of Healthy Weight Loss

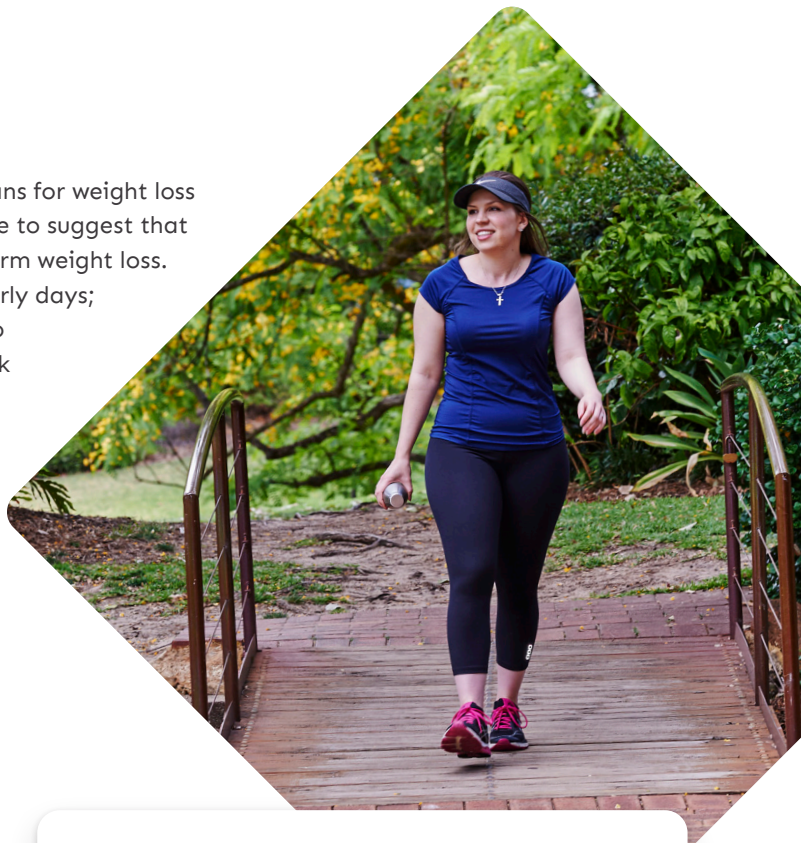
What is healthy weight loss?

Despite the growing popularity of fad diets and exercise plans for weight loss - such as juicing or detoxification - there is no strong science to suggest that these particular regimens are beneficial and lead to long-term weight loss. These extreme fads generally show positive results in the early days; however, they ultimately lead to weight gain as they are too difficult to maintain. Guidelines recommend 0.5 - 1kg a week as a healthy and sustainable amount of weight to lose. Further to this, dropping just a small percentage of your body fat can lead to some significant health benefits, such as:

- ◆ Reduced inflammation - fat cells, especially those around the belly, can release chemicals that irritate and inflame tissues all over the body
- ◆ Decreased likelihood of some cancers – Overweight people who slim down have lower levels of hormones that are linked to cancer
- ◆ Lower chance of heart disease and stroke – Exercise and losing body fat can get you into the ideal 'good' cholesterol levels (HDLs). Medication and diet can also decrease the 'bad' cholesterol levels (LDLs)
- ◆ Prevention of Type II Diabetes – Weight loss can prevent or delay it. If you already have it, losing weight can result in less medication being required, better controlled blood sugar levels, and a lower chance that the condition will cause other health concerns
- ◆ Lower blood pressure – Extra body weight means your heart has to work harder to push the blood around your body
- ◆ Better, longer sleep– Overweight people gain extra tissue in the back of their throat, which can block the airway and stop breathing throughout the night. This causes many health problems, especially for your heart
- ◆ Improved mood – Improving your physical health may also lead to improvements in your mental health

References:

Ades, P & Savage, P. (2014). Potential Benefits of Weight Loss in Coronary Heart Disease. *Progress in Cardiovascular Diseases*.
Lasikiewicz, N et al. (2014). Psychological benefits of weight loss following behavioural and/or dietary weight loss interventions. A systematic research review. *Appetite*.



How to lose weight in healthy manner

- ◆ A well-balanced diet
- ◆ Increased physical activity levels

Lastly, remember that eating a healthy, balanced diet and keeping physically active is important during weight loss and after you have reached your desired weight - so find a regimen that works for you!

