



Losing a pound results in a



4-Pound
reduction



in knee-joint load for each step.

Osteoarthritis is the



leading **cause** of disability

in the United States.

Obesity is the most important



changeable
risk factor



for osteoarthritis of the knee.

An average weight loss

of **5%** brought an **18%** gain in overall function.

Source: Stephen P. Messier, David J. Gutekunst, Cralen Davis, and Paul DeVita, Weight loss reduces knee-joint loads in overweight and obese older adults with knee osteoarthritis, American College of Rheumatology, Vol 52, No.7, July 2005, pp 2026-2032.