

What is OBESITY?

When you carry too much fat on your body, placing your health at risk.

Obesity has been linked to:

- Heart disease
- High blood pressure
- High cholesterol
- Diabetes
- Heart failure
- Heart attack
- Stroke

 **WAIST SIZE**
can signal trouble

35+ inches
in general
for women



40+ inches
in general
for men



LOSING JUST

5%

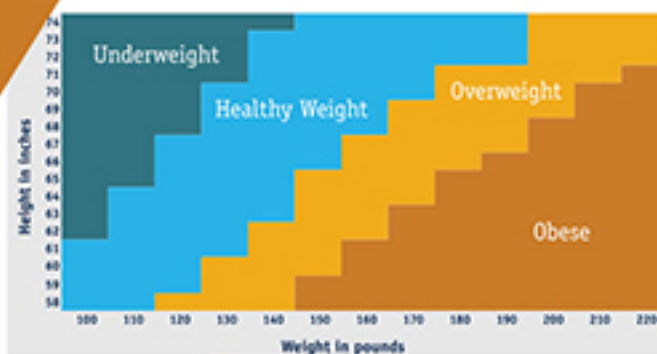
of your body weight can
LOWER YOUR HEART RISK

NEARLY
3 OUT OF 4
adults in the U.S. are
OVERWEIGHT OR OBESE

Too much fat around your middle
(**BEING "APPLE SHAPED"**)
puts you at
HIGHER RISK FOR HEART DISEASE
– even if you have normal BMI.

BODY MASS INDEX (BMI)

is calculated using
your weight and height



What YOU Can Do



Exercise more



Eat fewer calories



Get enough sleep



Limit alcohol

Information provided for educational purposes only.
Please consult your health care provider regarding your specific health needs.

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