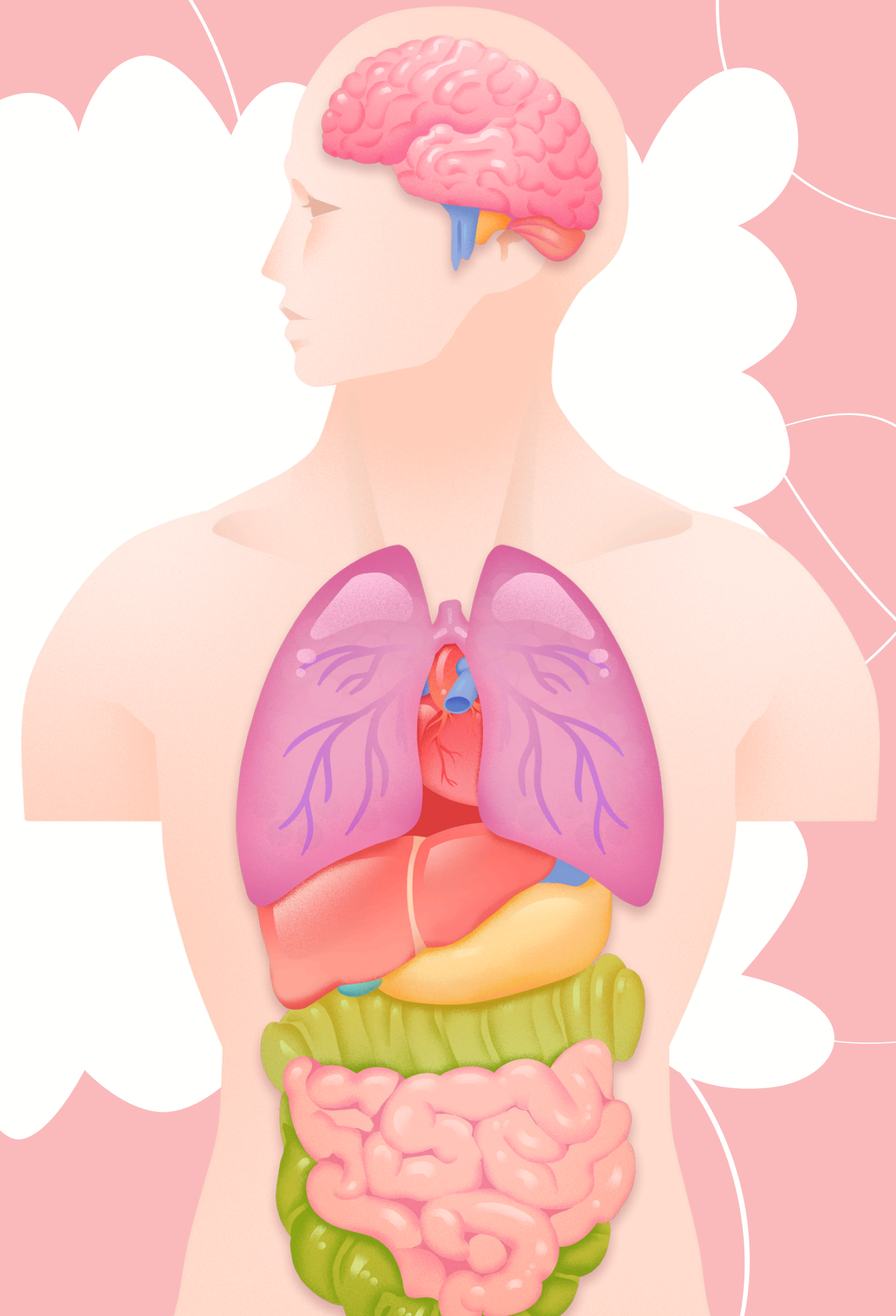


BENEFITS OF A 10% WEIGHT LOSS



The background is a solid light pink color. In the top-left and bottom-right corners, there are abstract, organic shapes in a darker shade of pink. These shapes have thin, branching lines and small circular dots, resembling stylized veins or biological structures. In the center of the image, there is a white rectangular box with a thin white border. Inside this box, the text "WHY DOES MY WEIGHT MATTER?" is written in a bold, white, sans-serif font, arranged in two lines.

**WHY DOES MY
WEIGHT MATTER?**

Overview of Benefits

Cardiovascular Health



Joint Health



... and more!



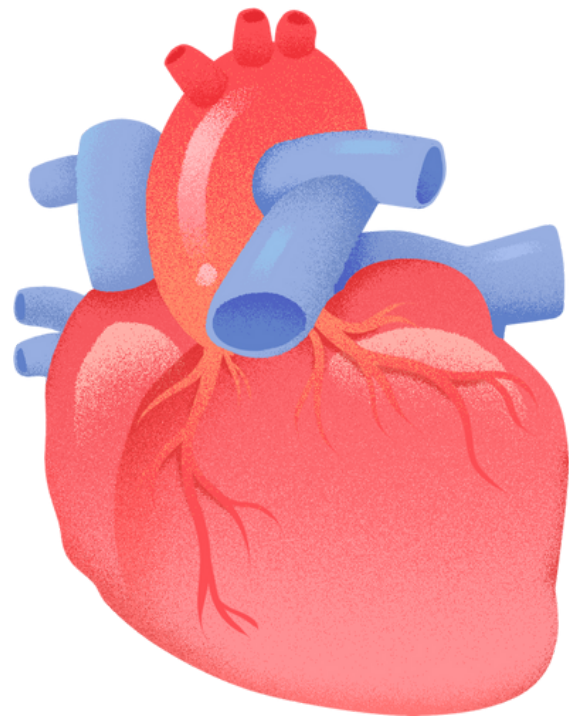
Diabetes Management



Respiratory Health



Cardiovascular Health



01

Decreased Blood Pressure: A 10% weight loss can lower both systolic and diastolic blood pressure, thereby reducing the risk of hypertension.

02

Improved Cholesterol Levels: Weight loss can increase HDL (aka “good cholesterol”) and decrease LDL (aka “bad cholesterol”) and triglycerides, lowering the risk of heart disease.



Diabetes Management

Insulin Sensitivity

Weight loss can improve our bodies' ability to use insulin, thereby decreasing blood sugar levels.

Decrease Risk of Type II DM

For prediabetic individuals, 10% weight loss can significantly decrease the risk of type 2 diabetes.

Manage Blood Sugar Levels

For individuals already diagnosed with Type II diabetes, weight loss can help improve blood sugar control and reduce the need for medication.

JOINT HEALTH

Reduced Joint Pain:

Less weight equals less pressure on joints, which can alleviate pain and improve mobility.

Lower Risk of Osteoarthritis:

Weight loss can slow the progression of osteoarthritis, especially in the knees.

RESPIRATORY HEALTH

Improved Sleep Apnea Symptoms:

Weight loss can reduce the severity of obstructive sleep apnea, thereby improving sleep quality.

Better Lung Function:

Reduced weight can improve overall respiratory function and reduce the risk of conditions like asthma.



**THANK
YOU!**



Resources

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