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Health Benefits Of Losing Weight

The health benefits of losing weight are many. Our weight affects us both physically and emotionally. For those who are overweight or obese, it affects them negatively. Losing weight not only reverses those negative effects, but also creates positive effects. If you have discussed losing weight with your physician, you realize it will take a lot of work. However, the benefits of losing weight far outweigh the effort required to achieve your weight loss goals.

Health benefits of losing weight.

Increased Strength and Fitness: Being overweight causes a significant variety of discomforts. It requires more effort to move your own body weight around. Where you may have been able to run you may now struggle to walk. As you lose weight, your body becomes stronger. Exercise and weight training increases the strength of your muscles, potentially making you able to perform activities that were not possible before. Breathing becomes easier as oxygen delivery is improved, and you will be able to exert yourself for longer without discomfort. As you get fitter, it becomes easier to keep up with friends, children or grandchildren without feeling exhausted after only a few minutes. Losing weight is a life altering experience!

Improved Health: Obesity related disease is on the rise in modern society. We are beginning to pay an extremely high price for our unhealthy eating and exercise habits. Thankfully, losing weight can not only reverse many health issues, it can also assist with disease proofing our bodies. Obesity triggers or aggravates many health issues. If you have a hereditary predisposition to these diseases, losing weight can reduce symptoms and sometimes even eradicate them altogether. Diet and exercise can reduce the likelihood of developing these diseases also. By losing weight and increasing fitness, you will improve both your quality and length of life! Conditions that can benefit from weight loss include:

- **High blood pressure:** Losing weight is the most effective way to control high blood pressure (or hypertension). Hypertension is especially common in overweight individuals
- **Heart disease:** Heart attack and stroke are significantly more common in overweight individuals. For those who are morbidly obese, congestive heart failure becomes a risk.
- **High cholesterol:** Losing weight and reducing fat consumption will also reduce cholesterol levels. Cholesterol causes a condition known as atherosclerosis where fatty 'plaque' lines the arteries, narrowing them and increasing the risk of heart attack or stroke.
- **Sleep apnea:** Sleep apnea causes individuals to stop breathing in their sleep. Losing weight reduces the risk of this disease.
- **Diabetes:** Some individuals with uncontrolled diabetes have lost weight and been able to cease diabetes medication, including insulin, altogether.
- **Arthritis:** Being overweight increases the load on weight bearing joints such as hips, knees and ankles. If you have arthritis in these joints then losing weight will frequently reduce the severity of the symptoms.

Development of More Positive Body Image: Overweight individuals frequently struggle with negative body image. Losing weight is an excellent option for those who experience discontent with their physical body. Imagine feeling happiness rather than shame every time you see your reflection in a mirror! Create this image in your mind to help motivate yourself to lose weight and keep it off. Developing a positive body image also helps **Increase your self confidence:** If being overweight causes you to suffer from low self esteem, losing weight can reverse that and make you much more confident and able to face life. As your health and fitness increase, you will become confident of your ability to improve your life and strength. This renewed confidence can overflow to other aspects of your life also.

Improvement in Mental Health: Being overweight can disrupt delicate hormone balances in the body causing chemical based depression and anxiety. Losing weight allows those chemicals to reach a healthy balance which can eradicate the problem.

As you can see, the potential health benefits of weight loss definitely make the effort required to lose weight worthwhile. You really have nothing to lose and everything to gain by losing weight. No more sleepless nights caused by sleep apnea, fatigue, difficulty breathing. Losing weight may well eradicate these symptoms altogether. So take a little time to develop healthy eating habits and exercise regularly and you will soon be experiencing the health benefits of losing weight.

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