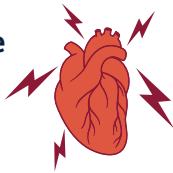


## What is OBESITY?

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

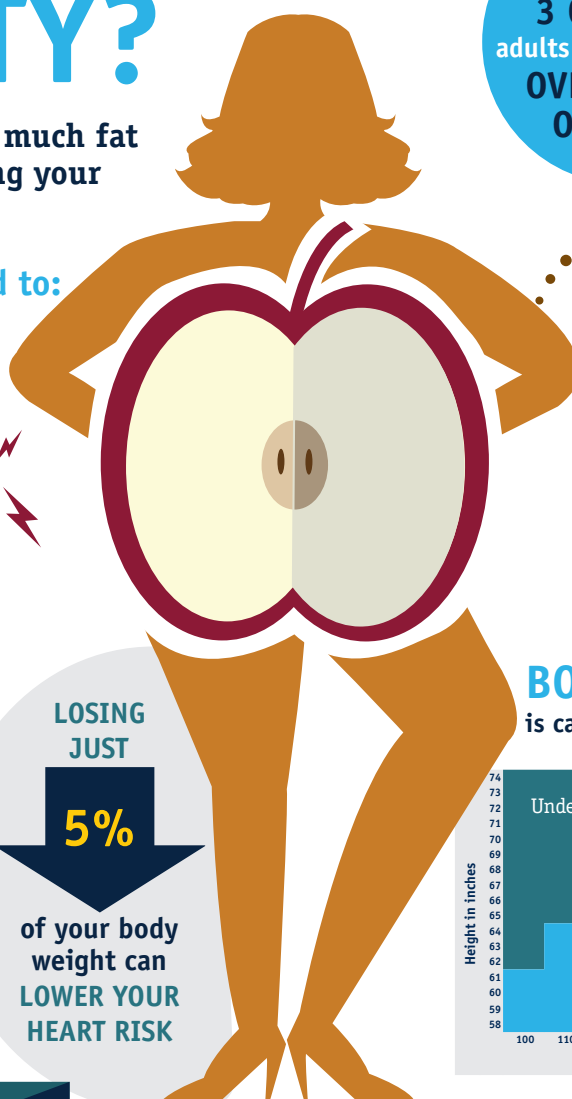
Obesity has been linked to:

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



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



**WAIST SIZE** can signal trouble

35+ inches in general for women



40+ inches in general for men

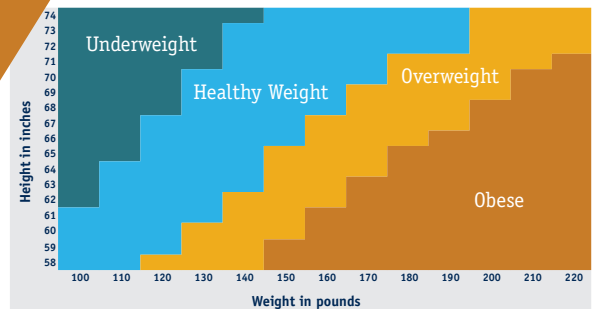


LOSING JUST

5%

of your body weight can LOWER YOUR HEART RISK

**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 about your specific health needs.

Go to [CardioSmart.org/Obesity](http://CardioSmart.org/Obesity) to learn more about obesity and ways to lose weight.

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