10 Health Gains from a 10% Weight Loss

10. Lowers the risk of gallbladder disease.
9. Lowers the risk of sleep apnea, a serious breathing difficulty during sleep.
7. Reduces the risks of some types of cancer. A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.
6. Puts less stress on your bones and joints, especially the knees.
5. Lowers the risks of heart disease, heart attacks, and stroke.
4. Reduces the risk of diabetes and helps control blood sugar levels if you’re already diabetic.
3. Reduces blood pressure. Even a small weight loss can help to lower high blood pressure.
2. Improves your ability to move and be active. Losing weight makes every step and breath easier.
1. The #1 reason to lose weight is … You will feel better! Set a goal to lose 10% and ‘Go For It!’