

## Why Losing Weight is Good

There is a great benefit acquired from losing weight. Though losing weight is not easy, the long term effects brought by it would probably be of help to anyone considering to shed those unwanted and unhealthy pounds.

The following are a few of the remarkable advantages from losing those excess weight.

Weight loss prevents high blood pressure, heart disease and stroke

That is a three in one benefit from losing weight. It is a fact that heart disease and stroke are one of the primary reasons for disability and death in both men and women in the US. People who are overweight have a higher risk to have high levels of cholesterol in their blood stream as well as triglycerides (also known as blood fat).

Angina, one type of heart disease, could cause chest pains as well as a decrease in the oxygen pumped to the heart.

Sudden death also occurs from heart disease and stroke, and usually this strikes with very little warning, signs and symptoms.

It is a fact that by decreasing your weight by a mere five to ten percent, this could positively decrease the chances of you having or developing heart disease or a stroke. Plus, how your heart functions would also improve as well as your blood pressure, cholesterol and triglyceride count will decrease.

Weight loss prevents type 2 diabetes

Diabetes puts in jeopardy one's life as well as how one leads his or her life because of the complications that result from having it. Both types of diabetes, type one and type two are linked with being overweight. To those who already have diabetes, regular exercise and losing weight could help in controlling your blood sugar levels as well as the medication you may be currently taking. Increase your physical activity. You could simply walk, jog or dance. It helps get those blood streams moving as well as lose those unnecessary pounds.

Weight loss helps reduce your risk for cancer

Being overweight is linked with a number of kinds of cancer. Specially for women, the common types of cancer that is associated with being overweight

include cancer of the uterus, gallbladder, ovary, breast, and colon. This is not meant to scare you, this is only to keep you informed. Men are at risk too from developing cancer if they are overweight. These include cancer of the colon, prostate and rectum. Extra weight, a diet high in fat and cholesterol should as much as possible be avoided.

Weight loss reduces sleep apnea

Or it could eliminate it all together. Sleep apnea is a condition wherein one could temporarily stop breathing for a brief period and then would continue to snore heavily. Sleep apnea could cause drowsiness or sleepiness during the day and - because of being overweight - could result in heart failure. Shedding those excess pounds could help in eliminating this problem.

Weight loss reduces the pain of osteoarthritis

When one weighs heavily, the joints of his or her knees, hips and lower back would have to exert double - if not triple - effort to carry him or her through out his / her waking, walking and moving life. This could cause tension and stress on these joints. Weight loss decreases the load these joints carry thus decreasing - if not eliminating - the pain of one who has osteoarthritis.