

Lose Weight - Do You Really Need To?

If you are overweight, you may be more at risk of developing disease. That should be reason enough to lose weight. Weight related conditions include:

- Premature death
- Cardiovascular disease
- High blood pressure
- High Cholesterol
- Stroke
- Gallbladder Disease
- Osteoarthritis
- Sleep apnea and breathing problems
- Some cancers
- Diabetes

Obesity can also cause irregular periods, complication with pregnancy, hirsutism (excessive body and facial hair), incontinence, depression, surgery complications and more.

If your health doesn't concern you, maybe your pocketbook does. By staying overweight, you may increase the amount of time spent visiting various healthcare professionals. Most of them don't work for free. Medications to treat these diseases can run into hundreds of dollars a month. Not to mention, you may have to take more time off work to care for your ailments. This means less income for you. And, you may notice that your health insurance premiums keep going up. It's because the amount being spent on healthcare keeps going up. A majority of which is related to treating problems that could be prevented by exercise and staying at a healthy weight. What a vicious cycle it is.

The annual cost associated with obesity and being overweight is staggering. The national cost of healthcare related to this is well over \$100 Billion dollars. Diabetes and heart disease are among the fastest growing diseases that could easily be prevented in most people by staying at a healthy weight and exercising. Visit the NIDDK to get a breakdown of the costs associated with each disease that is related to being overweight.

By losing weight and starting a healthier way of life you can really save a lot of money. Eating healthier usually also means eating less. You may be able to save on the amount you spend on groceries and eating out each week too. Think of all the other things you could do with that money you'll be saving. It may require an initial investment to get the weight off but the rewards are well worth it.

Source: <http://www.articlecircle.com>

About the Author

Gerald Meyer is a registered pharmacist and provides advice on the many weight loss programs available today. Many natural weight loss programs can be found at <http://www.natural-weight-loss-programs.com> . Also try a free sample of TsuNoni while you're there. TsuNoni is a tasty and powerful blend of green tea and Noni.