

[IMAGE]

## Weight-Loss Factoids

By Editorial Staff

When it comes to losing weight, maintaining weight and just plain staying in shape, we're bombarded with tips on a daily basis. Weeding through the hype to get to the information you need to know can be as challenging as your ultimate goal. We've done the legwork for you on this one; here are two little-known factoids that may have a big influence on your drive to lose weight and maximize your health and wellness:

*Who's trying, who's not:* According to a recent survey from the International Food Information Council Foundation, more than half of Americans are trying to lose weight. That means if you're attempting the same, you're in good company, which should be encouraging. However, it should also be a stern reminder that too many people - yourself included, perhaps - are putting on extra pounds and putting themselves at risk for weight-related diseases such as diabetes.

From a motivational standpoint, the survey also notes that nearly half (43 percent) of overweight people and almost a quarter (24 percent) of obese people are *not* trying to lose weight. This may be due to any of several factors, including "failure syndrome" (failed previous attempts to lose weight), lack of knowledge regarding the health consequences of overweight / obesity, or even a perception that they're not overweight - at least not enough to make a concerted effort to lose the pounds.

Weight-Loss - Copyright © Stock Photo / Register Mark *How's your waistline?* If you think you're not at risk for weight-related health problems because your body-mass index isn't skyrocketing, even though your waistline is, think again. A study published in a peer-reviewed research journal suggest waist circumference is more important than BMI in predicting the long-term health risks, particularly diabetes. In the study, having a waistline over 40 inches for men and over 35 inches for women was predictive of diabetes, and the risk was *greater* in people who were overweight and large-waisted versus obese and large-waisted. That suggests your BMI (overweight vs. obese) isn't as important as your waist circumference when it comes to health.

If you're trying to lose weight, congratulations! For many, taking the first step is the hardest part. Talk to your doctor of chiropractic about the most effective ways to lose weight - and keep it off - and work with

them to design an effective diet and exercise plan suitable to your health goals. If you're not trying to lose weight (but need to), your chiropractor can provide the same advice, along with outlining the health problems you'll avoid by dropping the excess pounds.

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