

Herb Martinez S Guide To Pinstriping

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having overweight or obesity increases your risk of type 2 diabetes heart disease stroke fatty liver disease kidney disease and other health issues if you are struggling with your weight you may find

setting goals to improve your health may help you lower the chances of developing weight related health problems how can you tell if you are at a healthy weight your body mass index bmi can

how can a healthy eating plan and physical activity help me lose or maintain weight the key to losing weight is choosing a healthy eating plan that you can maintain over time being physically active will

many factors can affect your weight including your genes eating habits physical activity work and family life and community

your health care professional or a specialist in weight loss or healthy eating such as a registered dietitian can help you develop a healthy eating plan tailored to your needs and preferences

before taking any medication to treat obesity talk with your health care professional about the possible risks and benefits ask your health care professional if you have medical conditions that could

your health care professional may recommend a weight loss plan tailored to your child s needs or

refer you to a weight management specialist or a registered dietitian

overweight and obesity may increase your risk for developing health problems such as diabetes heart disease stroke and certain cancers

discover niddk supported information for improving public health including topics about diabetes kidney disease digestive diseases and more

as an institute within nih niddk conducts and supports research on many of the most common costly and chronic conditions to improve health

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