

The benefits of maintaining a healthy weight

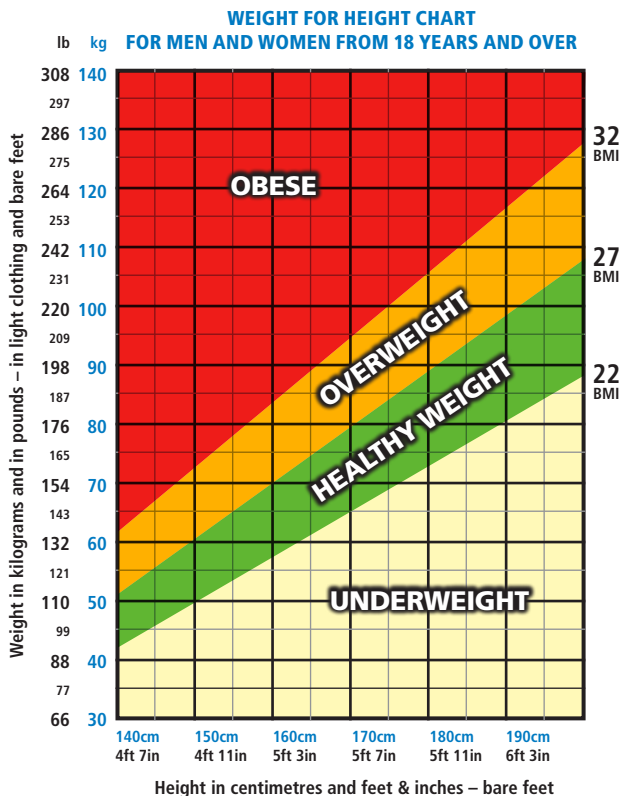
What is a healthy weight?

Body Mass index (BMI) is a good way to check if you have a healthy weight. BMI is a measure of your body weight based on your height. It shows if one is underweight, has a healthy weight, is overweight or obese.

Why should I maintain a healthy weight?

Maintaining a healthy weight and BMI can **reduce** the risk of many health problems, including:

- High blood pressure, stroke and heart attack
- High blood cholesterol (blood fat) and lipid levels
- Diabetes: can reduce the risk of developing diabetes
- Already diabetic: significantly improve diabetes control
- Pressure on your joints
- Fatty deposits in the liver (Fatty liver disease)
- Serious complications during pregnancy and birth



What can we do to help you:

- There is a dietitian in clinic to provide tailored, individualised advice.
- They can advise ways to get the most out of your diet without cutting out the foods you enjoy.
- They will provide you with regular support to help you reach your goal