

15 BENEFITS OF MAINTAINING A HEALTHY WEIGHT

Maintaining A Healthy Weight

- Reduces the risk of heart disease.
- Lowers the chance joint and muscle pains.
- Relieves back and joint tension.
- Decreases the risk of osteoporosis.
- Increases energy and the ability to join in more activities.
- Improves regulation of bodily fluids and blood pressure.
- Alleviates the burden on the heart and circulatory system.
- Regulates blood triglycerides and blood glucose.
- Diminishes the risk of developing type 2 diabetes.
- Lessens the risk for certain cancers.
- Controls non-insulin dependent diabetes.
- Optimizes the immune system.
- Improves sleep patterns.
- Overall happiness in your day-to-day life.
- You feel healthier.



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Resources

[Maintaining a Healthy Weight | National Institute on Aging](#)

[Aim for a Healthy Weight](#) ODPH

[Strive for a Healthy Weight](#) CDC