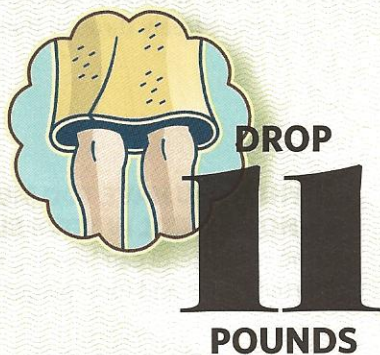
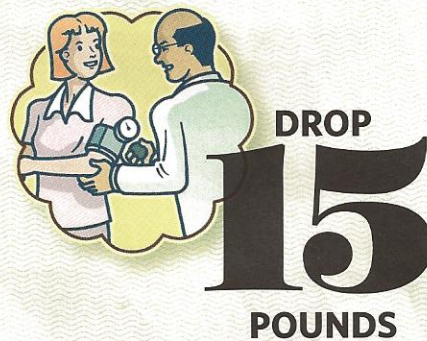


# Lose a Few, Gain a Lot

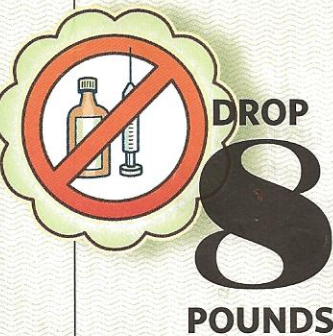
Sure, looking better in your favorite jeans is nice. But shedding some pounds gives you major health benefits too. Here's the skinny on how weight loss helps your body. By Michelle Taute



Say hello to healthier knees. Researchers discovered that losing about 11 pounds reduces the odds of developing osteoarthritis in your knees by more than 50 percent.



Fight off high blood pressure. Researchers found that losing 15 pounds or more may reduce your long-term risk of high blood pressure by 21 to 29 percent.



Help prevent diabetes. One study showed that losing as little as 8 pounds and keeping it off may reduce your diabetes risk by 33 percent. The Diabetes Prevention Program found that shedding 7 percent or more of your weight (about 11 pounds for a 160-pound person), along with exercise, decreased the incidence of diabetes by 58 percent.

