

But Don't Lose Too Much...

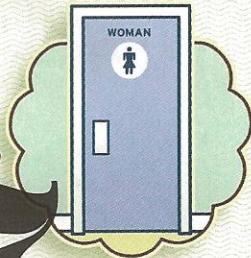
Watching the numbers go down on the scale is only healthy if you have extra pounds to shed. If you dip below your healthy weight range, you'll fall into the underweight category, and this can bring its own health problems, ranging from memory troubles and

bone loss to a weaker immune system.

Not sure what the scale should read for someone your height? You can find your Body Mass Index at: HealthyAdvice.com/FindBMI. Discuss your BMI results with your doctor at your next office visit.



DROP
17
POUNDS



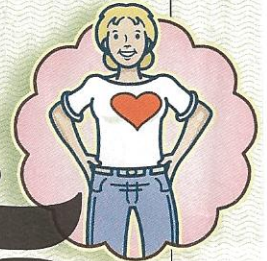
Improve bladder control. In a clinical trial funded by the National Institutes of Health, overweight and obese women who shed 17 pounds cut their weekly number of urinary incontinence episodes in half.

DROP
20
POUNDS



Lower your cancer risk. The Iowa Women's Health Study found that intentionally losing 20 pounds during adulthood lowered a postmenopausal woman's overall odds of developing cancer by 11 percent and her breast cancer risk by 19 percent.

DROP
25
POUNDS



Protect your heart. In one study, obese women who lost roughly 17 to 30 pounds (10 percent of body weight) significantly lowered their levels of interleukin-18, a protein that may contribute to fatty build-up in the arteries. This build-up can ultimately lead to heart disease, stroke and other health problems.

