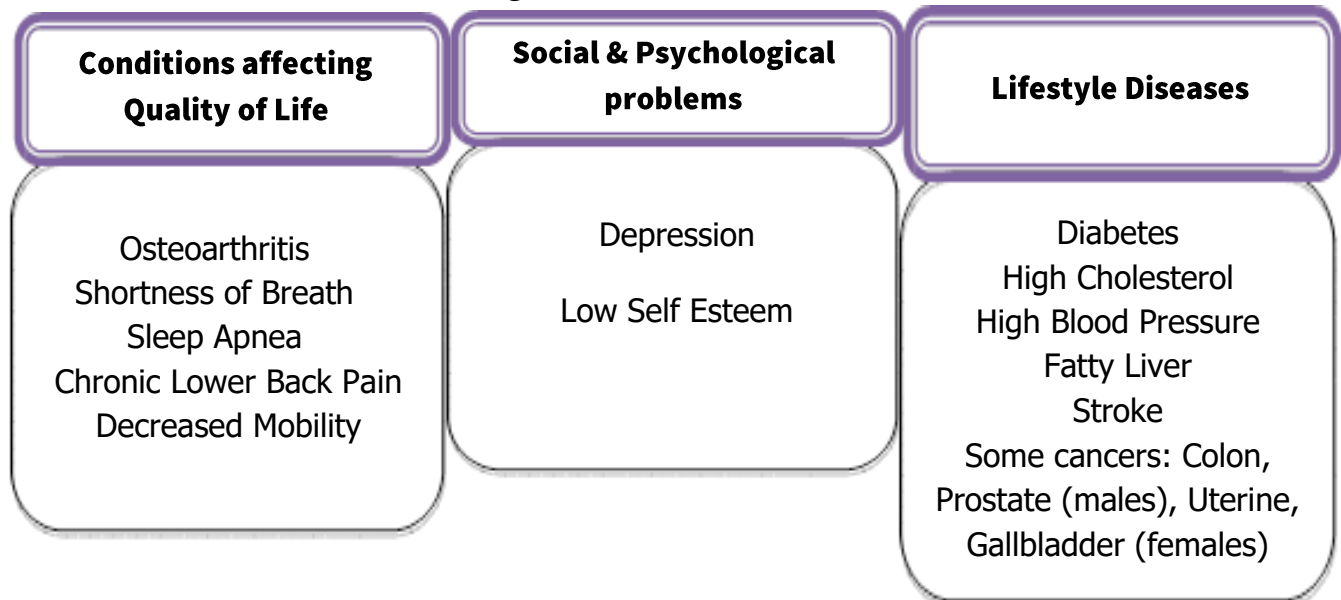


Benefits of Weight Loss

Obesity is defined as a condition of excessive fat accumulation in the body to the extent that health and well-being are adversely affected.

Health risks associated with being Obese



FIRM UP YOUR COMMITMENT

Commitment beats lack of willpower any day. Write down every reason in the world why you want to succeed – the benefits you will gain. Keep adding to this list. These reasons strengthen your commitment. Keep these benefits at the front of your mind and convince yourself of their importance.

Some common benefits and reasons for wanting to succeed include...

- | | |
|---|--|
| <input type="checkbox"/> Feel better | <input type="checkbox"/> Have more energy |
| <input type="checkbox"/> Play with my children | <input type="checkbox"/> Look better |
| <input type="checkbox"/> Be able to move around more easily | <input type="checkbox"/> Get back into sport |
| <input type="checkbox"/> Get into clothes off the rack | <input type="checkbox"/> Help my health – heart, blood pressure |
| <input type="checkbox"/> Fit into chairs with comfort | <input type="checkbox"/> Blend into the crowd |
| <input type="checkbox"/> Go to movies and feel ok | <input type="checkbox"/> Feel in control of my life |
| <input type="checkbox"/> Stop my thighs rubbing | <input type="checkbox"/> Make a change to my life |
| <input type="checkbox"/> Sleep without snoring | <input type="checkbox"/> Feel comfortable about sex |
| <input type="checkbox"/> Be around when my children grow up | <input type="checkbox"/> Fit back the clothes that I use to wear |
| <input type="checkbox"/> Have less weight on my aching joints | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Get back my old personality | <input type="checkbox"/> _____ |

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

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