

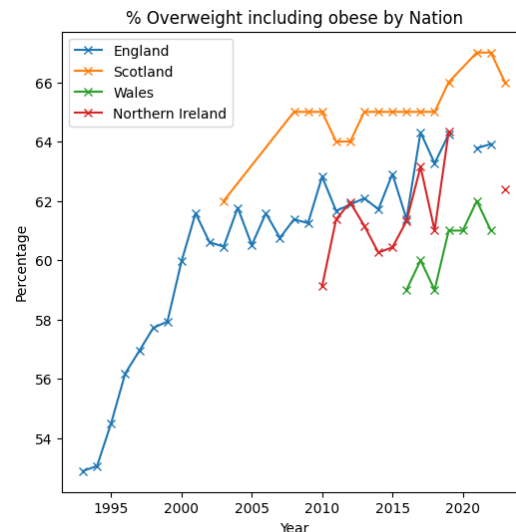
Why a healthy lifestyle is right for *you!*

The health risks of being overweight or obese.

- ▶ **Heart & Blood Vessels:** Your heart works harder under strain, leading to high blood pressure and heart problems. Being obese increases heart disease risk by 28% even without other health issues.
- ▶ **Cancer Risk:** Obesity is the second biggest cause of cancer in the UK, causing more than 1 in 20 cancer cases. It increases risk of 13 different cancer types.
- ▶ **Joint Problems:** Extra weight puts tremendous pressure on joints. Each pound lost reduces knee joint forces by 4 times. Obese people are 20 times more likely to need knee replacement.
- ▶ **Diabetes Connection:** Obese adults have triple the diabetes risk - 18% of obese people develop diabetes compared to 6% of healthy weight people.
- ▶ **Life Impact:** These conditions develop silently and together. Quality of life suffers and life expectancy reduces by 3-10 years.

NIHR research on obesity and cardiovascular disease (2024)
 Cancer Research UK - Obesity statistics and research
 NHS Digital Health Survey for England (2022) - diabetes and obesity data
 American Academy of Orthopaedic Surgeons - joint health research
 Johns Hopkins Arthritis Center - knee joint pressure research

The current prevalence of obesity in the UK.



The upward trend shows overweight and obesity rates across all UK nations have dramatically increased since 1995, with Scotland reaching the highest levels at around 67%. Patterns and trends in excess weight among adults in England

The benefits of a healthy lifestyle.

- ▶ **Physical Health:** Your heart becomes stronger and works more efficiently. Physical activity reduces heart disease risk by 30-50%. Blood pressure and cholesterol naturally improve. Your bones and muscles stay strong, while your immune system fights off illness better. Maintaining a healthy weight becomes easier.
- ▶ **Mental Wellbeing:** You'll notice improved mood and less anxiety. Walking for just one hour daily can reduce depression risk by 26%. Sleep becomes more restful, leaving you energized. Confidence grows as you feel better physically and mentally.
- ▶ **Daily Life:** There's more energy for the things that matter - work, family time, hobbies. Your mind stays sharper with better focus and memory. You'll likely live 12-14 years longer with fewer health problems and enjoy your later years with greater independence.
- ▶ **The bottom line:** Small changes today mean feeling better tomorrow and staying healthier for years to come.

American Heart Association (Circulation journal); Harvard T.H. Chan School of Public Health; Harvard/NIH research (Circulation, 2018)

The risks of an unhealthy lifestyle

- ▶ **Cardiovascular Problems:** Your heart works harder under strain, leading to high blood pressure and heart rhythm problems that silently damage your body.
- ▶ **Physical Health Issues:** Sleep can become disrupted by sleep apnea, leaving you constantly tired. Joints can become painful, while your liver struggles with fatty liver disease.
- ▶ **Brain Health:** Memory and thinking decline faster, with higher dementia risk. Depression and anxiety often develop alongside physical problems.
- ▶ **Daily Impact:** Always being tired makes everything feel harder. Simple activities become challenging. Quality of life starts to suffer as you get older.

American Heart Association (Circulation journal); Harvard T.H. Chan School of Public Health; Harvard/NIH research (Circulation, 2018)