

Taking off weight can reduce your risk of chronic disease

Ready for **take off**?

If your weight loss goals aren't getting off the ground, you may be at risk for chronic disease. The number of U.S. adults who are obese has doubled since 1980, and obesity-related deaths currently range from 280,000 to 325,000 each year.*

Fortunately, shedding extra pounds can help decrease your risk of chronic and life-threatening diseases, including:

- High blood pressure
- Diabetes
- Coronary artery disease
- High cholesterol
- Osteoarthritis
- Sleep and respiratory disorders

Get on board today with some healthy lifestyle changes — and watch your weight loss efforts take off with success.



**BlueCross BlueShield
of Texas**



Source: *2003 U.S. Department of Health and Human Services

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