



Obesity



The facts!

To lose weight, keep it off and be healthy, you need to change your eating habits, increase physical activity levels and sit less.

Doing only one of these is usually not enough.

Talk to your Aboriginal Health Worker if you need help to lose weight.

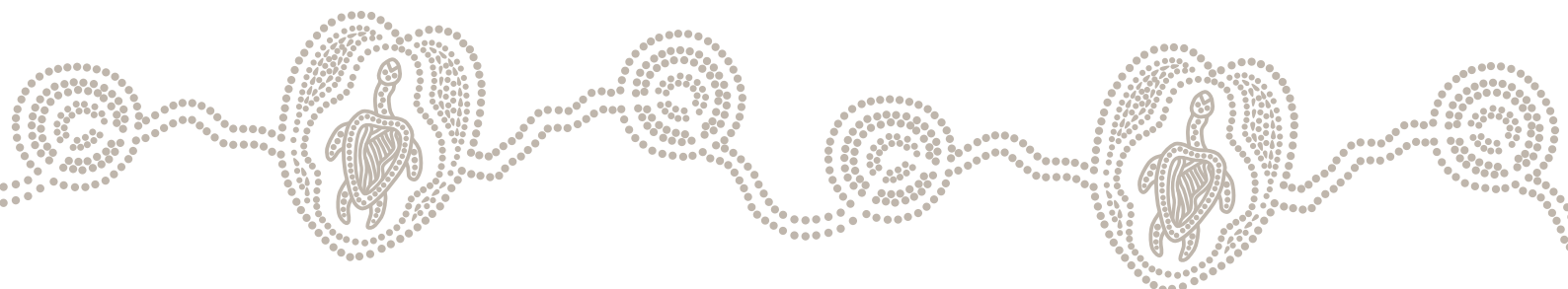
What is obesity?

Obesity is when a person has too much body fat and is very overweight.

Obesity risks

People who are obese are at risk of serious health problems including:

- heart disease
- high blood pressure
- diabetes
- high cholesterol
- stroke
- knee and hip problems
- some cancers
- sleep apnoea.





Why is having a 'pot belly' bad?

People come in many shapes and sizes. People who have a 'pot belly' – even if their arms and legs are skinny – are at greater risk of health problems. The measurement of your waist shows how much extra fat you are carrying around your belly.

What size should my waist be?

- Men: less than 94 cm
- Women: less than 80 cm

How to improve your eating habits

- Eat a variety of foods
- Eat low fat foods
- Eat at least five vegetables and two fruits every day
- Eat more light meals a day
- Eat smaller portions of food
- Do not skip breakfast!

Tips to maintain a healthy body weight

- Limit take-away food and eat more nutritious low fat food
- Drink more water
- Drink less alcohol (grog)
- Increase physical activity – aim for 30 minutes or more of moderate intensity physical activity every day of the week (e.g. join a walking group)
- Take the stairs or walk to work
- Recognise cues or emotions that may make you want to eat when you are not hungry

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