

# Road to weight loss involves common sense

By Hadley Koltun

help yourself to lose weight and keep it off.

Also, he may be aware of spe-

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**Mental Health and You** is provided as a service of the North of Superior Programs.

The purpose of these articles is to inform the community about mental health issues. These articles will cover a variety of mental health issues.

We invite feedback from the community at large by writing the News office.

Any opinions expressed are not necessarily those of the management of the North of Superior Programs.

### Battle of the Bulge

A few years ago, a great comedienne named Todie Fields was a popular guest host on talk shows all over America.

Her motto was: "I'll start on my diet tomorrow."

On every show that she appeared on, she had a new idea for a diet which was always short-lived.

This comedienne represented what many people do feel about obesity- something that can be helped by a diet.

If the diet doesn't work, well there is always another one that does.

However, this is clearly the wrong approach. The road to weight loss and maintenance is a difficult one but it always seems to involve a common sense approach.

Most people mix up what they mean by "obesity" and "overweight". An individual is "obese" when he (or she) is 20 per cent over the recommended weight for that individual's height, age and body frame.

An individual is "obese" when he (or she) is 20 per cent over the recommended weight for that individual's height, age and body frame.

Accurate recommended weights can usually be found by consulting with a health professional.

Researchers have found evidence that to be slightly above the recommended weight is not bad for one's health.

On the other hand, obesity has been found to be a factor in cardiovascular disease and heart failure, as well as diabetes, kidney and liver failure.

Persons who are obese also run the risk of digestive problems, gall bladder disease and the accelerated "wear and tear" of joints.

### Socially no picnic

Socially, being overweight is no picnic. Many individuals suffer from low self-esteem and often feel lonely and frustrated.

Overweight individuals often feel rejected by others.

Obesity is also a common problem in North America. According to the National Centre for Health Statistics, 24 per cent of females and 14 per cent of males between the ages of 20 and 74 are obese in the general population.

What causes obesity? There are very few medical conditions or syndromes which bring on obesity. Simply put, people are obese (or overweight) because they take in more calories than they burn off. The solution is to decrease caloric intake and increase the calories you burn off.

Of course, it is of utmost importance to consult with your family physician. Your doctor will be able to discuss and suggest to you various ways you can

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