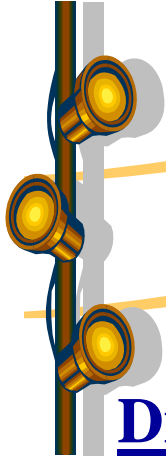


Health Tip of the Week...

October 25, 2010

SPOTLIGHT



Obesity Raises Health Care Costs and Then Some...

The health care costs associated with treating obesity and the costs of treating other health challenges produced by obesity are well known.

According to researchers from Duke University, obese workers costs society more than \$73 billion a year in lost productivity.

October 2010-Journal of Occupational and Environmental Medicine

Diet AND Exercise Needed for Healthy Weight

In the October, 2010 online edition of the Journal of the American Medical Association, found that a progressive walking for exercise program and an appropriate diet can lead to healthful weight loss that is sustainable.

Almost 70% of Americans are roughly 30 or more pounds overweight. It is well known that this extra weight contributes to the development of many serious health conditions including type 2 diabetes, heart disease and some forms of cancer.

The obvious questions then become... "What kind of diet?" and "What kind of exercise program?"

While the diet used in the study was a reduced calorie diet, there are many dietary approaches that are conducive to weight loss and we spent

the last 3 weeks reporting on metabolic typing.

The exercise program used in the study can be done by anyone and that was the purpose for the research study. While we would suggest both some weight training and cardio in an exercise program, the study used progressive walking.

Progressive walking starts you out with slow walking for short periods of time in the beginning and gradually building up to brisk walking for up to 60 minutes a day for 5 days each week. While many would debate this approach, it certainly worked for the people in the study.

Minimally, get a pedometer and follow the basic walking guidelines of walking for at least 10,000 steps per day.

The Bottom Line...The Bottom Line...The Bottom Line...

All the weight loss programs in the above study included three components though we only reported on the nutritional and exercise components of their program.

The third component, which we think is equally important, is counseling and support. Like all lifestyle changes, having someone in your corner and who will hold you accountable is extremely valuable in insuring you get where you want to go. And, they can be your buddy!

This issue of the Health Tip of the Week is brought to you as a public service by...



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