

“Weight a Minute!”

The incidence of obesity is drastically increasing in adults and children over the past two decades. About 300,000 deaths occur each year in the U.S. from unhealthy diets and physical inactivity.

Just for starters, losing weight is simple in concept yet difficult to put into practice. There are diet fads, exercise fads, remedies, medications and even surgeries. Many treatment fads come and go. Many wind up causing people to lose weight initially only to “rebound” and gain all the weight back with some extra. The simple fact is that if you eat 3,600 calories that you don’t burn up, you gain a pound. Conversely, if you burn up 3,600 calories through activity that you don’t eat, you lose a pound. 25% of the Adult population is completely sedentary (couch potatoes). 60% are not regularly active at the suggested half hour per day. Therefore, eating wisely and maintaining regular activity results in losing needed weight and maintaining desired weight. I likely have not said anything that you don’t already know. I just want to bring us back to the basics. Beyond the basics we often venture into fads and behaviors that lead to a dead end. Remember, your activities must be safe and something that will not aggravate a medical condition that you may have. Always check with your doctor if there are any precautions to be taken.

Body “fatness” is measured as the BMI or “body mass index”. This is a calculation based on your height and weight. A BMI 25 to just less than 30 is considered “overweight”. A BMI of 30 or greater is considered “obese”. It is unfortunate that one third to one half of adults over 19 is overweight and nearly 25% are obese. All right, so the numbers prove that we have a problem in our country. What’s the big deal if we are overweight or even obese? Increases in our BMI and abdominal fat (waist size over 35” in women and over 40” in men) are associated with more cardiovascular disease, high blood pressure, high blood lipids (fats), high blood sugars and worsening of diabetes, gall bladder disease, stroke, osteoarthritis, sleep apnea and other respiratory illnesses, emotional distress, social discrimination and an increase in overall mortality. Choose just one think you are willing to change today and start with that. A reasonable goal is a loss of 1 to 1 ½ pounds per week. Anything more and you may be setting yourself up for frustration and failure.

Remember, your body is a temple of the Holy Spirit and you were bought with a price: therefore glorify God in your body. (1 Cor. 6:19-20)