

Weight Problems

Exercise helps you keep the body healthy.

Being seriously underweight can lead to serious health problems such as anorexia.

Obesity can lead to type 2 diabetes, high blood pressure, heart disease and osteoarthritis.

There are 3 main ways that you can lose mass.

- Reduce the amount of energy that you take in by cutting back the amount of food you eat. In particular, energy-rich foods like biscuits, crisps etc.
- You can increase the amount of energy you use by doing more exercise.
- The best way to lose weight is to do both – reduce energy intake and exercise more.

- If the energy you take in equals the energy you use then your **mass** will stay the same. Eating too much food can lead to becoming **overweight** and **obese** as your body will store the excess as fat.

- Some people are unhealthy because they have too little food (starvation). They may suffer from deficiency diseases due to lack of minerals or vitamins. An example of this would be **anaemia** due to a lack of **iron**.