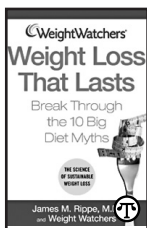




Healthy Ideas

Weight Loss That Lasts

(NAPSA)—Being five pounds overweight may be just as dangerous as being obese. A new book says being even a little overweight is not a good idea. As weight goes out of the healthy range, risk increases for



heart disease, high blood pressure, stroke, diabetes, several forms of cancer, metabolic syndrome, gallbladder disease and gout.

A new book says even five pounds overweight can be unhealthy.

Yet according to cardiologist and author James M. Rippe, M.D., many Americans live under the impression that being just a couple of pounds over their ideal weight is

harmless, and certainly better than being obese. He calls that belief one of the 10 diet myths he works to debunk in his new book “Weight Loss That Lasts: Break Through the 10 Big Diet Myths” (Wiley; \$22.95).

“Finding a comfortable weight within the healthy range for your height is best,” advises Dr. Rippe. “Even a relatively small amount of weight loss can improve your health significantly.”

Dr. Rippe suggests that adults do a weight and health check to find out whether they are overweight, and that if weight loss is needed, they should aim to lose five percent to 10 percent of their initial weight by choosing a method and approach that leads to sustained weight loss.