



# Health Awareness

## Controlling Your Health Risks And Your Weight

(NAPSA)—One cornerstone of a healthy life is maintaining a healthy weight. Excess weight is bad for your health in more ways than many of us realize. While the link between excess weight and chronic diseases, including heart disease and type 2 diabetes, is well known, the role that weight plays in cancer risk is not as widely recognized.

The reality is that excessive weight is a risk factor for many forms of cancer, including breast cancer among postmenopausal women and colorectal cancer. It is estimated that about one-third of cancer deaths that occur in the United States each year are attributable to poor nutrition, physical inactivity and excess body weight. As a matter of fact, for the majority of Americans who do not smoke, eating well, exercising and maintaining a healthy weight are the most important ways to reduce cancer risk.

To get the word out, the American Cancer Society and Weight Watchers have teamed up for the American Cancer Society's Great American Weigh In, an initiative dedicated to making Americans aware of the important role that maintaining a healthy weight has in reducing the risk of cancer.

The first step in evaluating your risk is to know if you're at a healthy weight. The measure used to define healthy weight is the body mass index. The BMI is based on your height and weight; the higher your BMI, the greater your risk of developing weight-related diseases, including cancer.

This year's American Cancer Society Great American Weigh In is your chance to learn your BMI.



**Being at a healthy weight helps reduce the risk of many chronic diseases.**

Go to participating Weight Watchers locations around the nation or [WeightWatchers.com](http://WeightWatchers.com) to calculate your BMI free of charge and without obligation. You'll also have the opportunity to obtain valuable information that can help you take charge of your health and your weight.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering, and preventing cancer through research, education, advocacy and service. For more information, visit [cancer.org](http://cancer.org) or call 1-800-ACS-2345.

Weight Watchers is America's trusted name in weight loss and the global leader in weight-loss services. Weight Watchers is committed to helping people lose and maintain their weight in a healthy way and lead healthier lives. To learn more about the Great American Weigh In or to learn your BMI, visit [Weight Watchers.com](http://Weight Watchers.com).