

# How Unhealthy Weight Affects Your Heart

## Did you know?

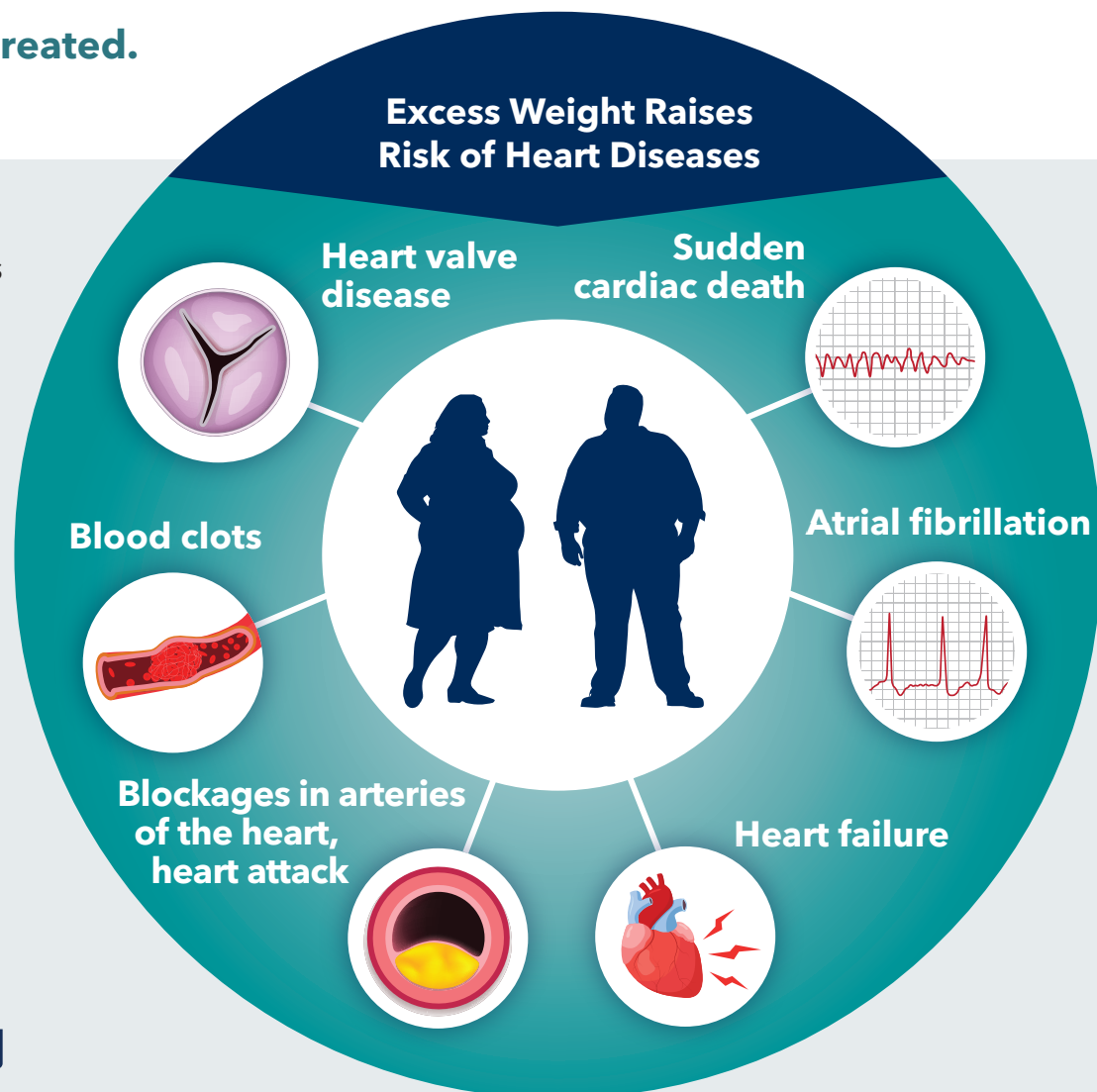
Unhealthy weight, especially around your middle, is a serious medical condition:

- Linked to heart disease and over 60 other health conditions
- A leading risk factor for heart and blood vessel disease, similar to tobacco use

## Yet it can be treated.

Unhealthy weight is tied to factors and conditions that can set the stage for heart disease.

For example:



To learn more about getting to a healthy weight and other heart-healthy habits, visit [CardioSmart.org/Weight](https://www.cardiosmart.org/Weight).

