

# What is obesity?


When you carry too much fat on your body, placing your health at risk.

Obesity has been linked to:

- Heart disease
- High blood pressure
- High cholesterol
- Diabetes
- Heart failure
- Heart attack
- Stroke

 **Waist Size**  
can signal trouble

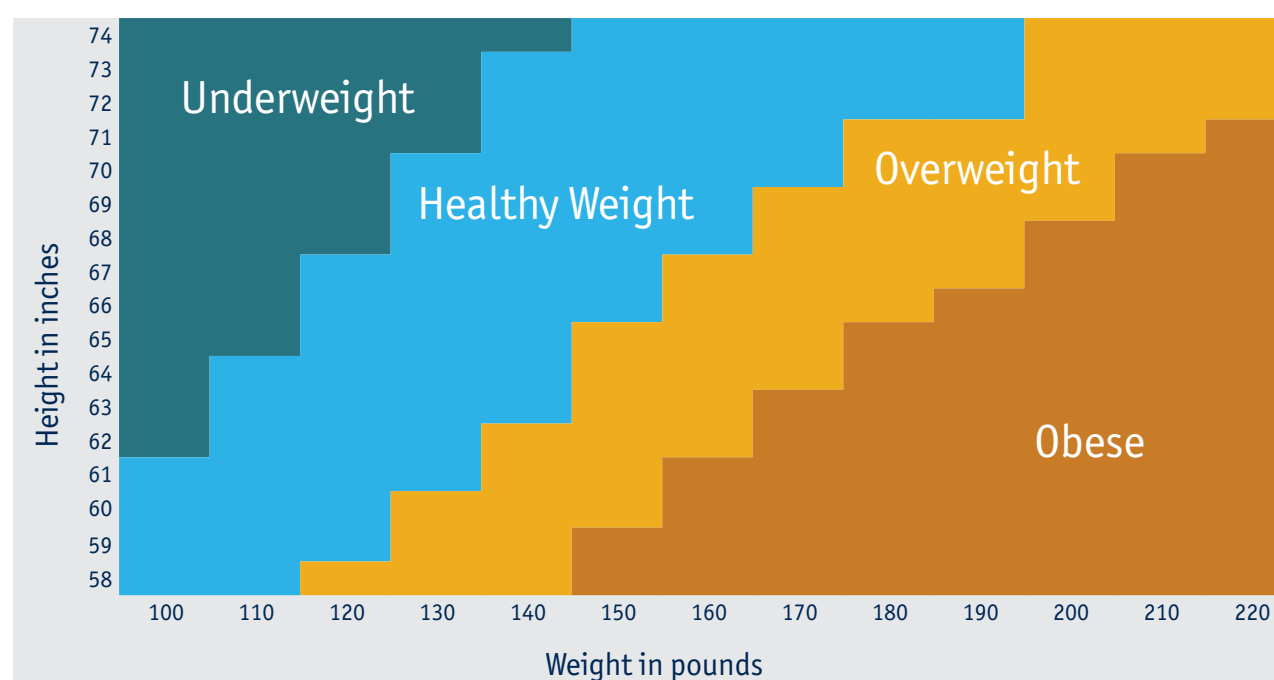
**35+ INCHES**  
in general  
for women



**40+ INCHES**  
in general  
for men



**Body Mass Index (BMI)**  
is calculated using  
your weight and height



**More than  
2 out of 5  
adults in the U.S.  
have obesity**

## What you can do



**Increase your activity**  
Move more to burn more calories.



**Eat fewer calories**  
Focus on fruits, vegetables, whole grains, unprocessed foods.



**Get enough sleep**  
Aim for 7-9 hours each night.



**Work with your health care team**  
A nutritionist and exercise specialist can help you create a nutrition and activity plan.

### Other treatments

For some people with obesity, medications or bariatric surgery may be considered for weight loss. Talk with your health care professional.

visit [CardioSmart.org/Obesity](https://www.cardiosmart.org/Obesity) to learn more.

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