

Health Risks

- Excess weight, especially around the waist (apple shaped) increases your risk for:
 - Diabetes
 - Hypertension
 - Arthritis
 - Stroke
 - Heart Disease
 - Gallstones
 - Cancer of the colon, rectum, kidney, breast, or endometrium
 - Snoring or sleep apnea
 - Development of asthma as an adult

