

On European Obesity Day on 20th May 2017 The ISA joins forces with CNAO in 'Tackling Obesity Together'

**Because dealing with weight management problems can be hard...
But obesity is not an incurable disease!**

An unhealthy body weight may negatively affect your everyday life and activities. But keep in mind that even small weight loss can have significant health gains



A modest weight loss such as 5-10% of initial weight can decrease risk of developing cardiovascular disease, diabetes, osteoarthritis...



...but can also help you enjoy more your everyday lifestyle activities such as playing with your children or dancing with friends



It takes only some behavioural changes in your diet and lifestyle in order to start losing weight



Deprivation has no place in a balanced diet

Maintaining great taste in the diet is key in making sustainable changes while following a lower caloric diet

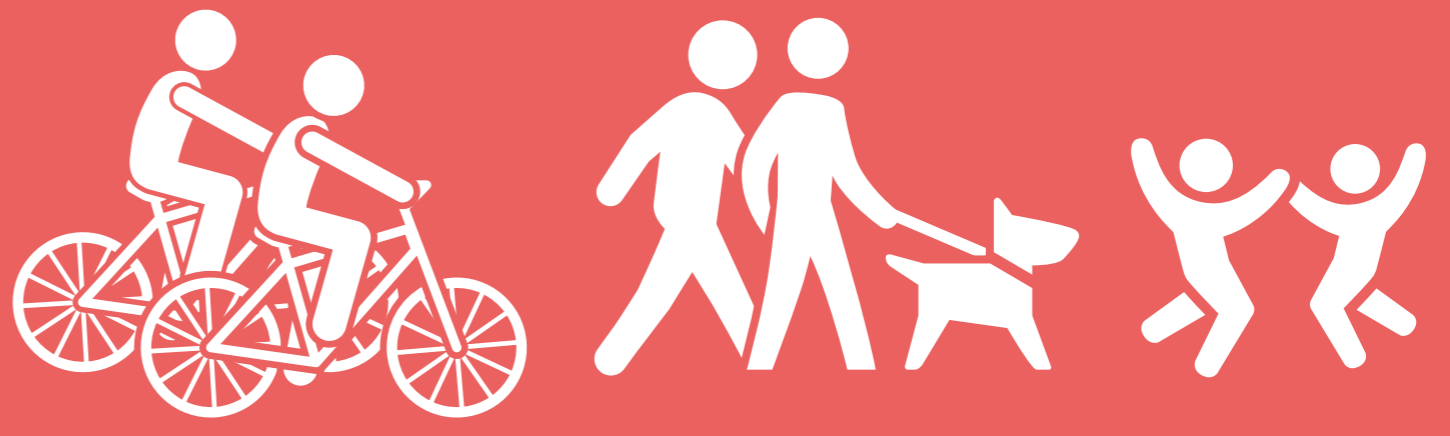


For example, replacing some of the sugar with low calorie sweeteners in foods and beverages can help you decrease sugar and calorie intake while still enjoying the desired sweet taste



Likewise, you don't need to workout like an athlete...

You can increase your physical activity with pleasurable activities like walking your dog out, or go for cycling during the weekend and share more funny active moments with your family and friends



There is a possible solution for all people with weight management problems

An individually tailored long-term plan designed with the support of specialists can help you take the right steps to a healthier body weight and a more enjoyable life

