Women and Obesity: Help for Weight Management

As a woman, you know that your body is your temple, and you need to take good care of it. After all, this is the only body you will ever have. A part of having a healthy body is maintaining a healthy weight. If you need to lose some weight, this article is going to be very useful for you.

**How to Know You Are Obese**

Many women know when they are a little overweight, based on how their clothes fit or how they look in the mirror. However, in terms of obesity, it is a different level of being overweight. This is when you face certain negative side effects and potential complications as a result of your weight. Obesity is generally determined by your body mass index, or BMI. This is a measurement that is determined by your gender and height, as compared to your weight. There are plenty of calculators and tables online to help you figure out what your BMI is. For women, if your BMI is 25-29, you are overweight. You are in the obesity category if it is above 30.

**Common Risks of Obesity**

While it might seem obvious why you are obese, this is not true for everyone. Some women exercise regularly and follow a relatively healthy diet, having no idea why they keep gaining weight, or why it is difficult for them to lose weight. Your diet can definitely play a factor in your weight, even if you think you have a healthy diet. You may be taking in too many calories, a high amount of fat, or too many carbs. Lack of proper exercise to burn fat is another issue. There are also genetics that play a role, along with medications and certain medical conditions, like thyroid diseases and polycystic ovarian syndrome (PCOS). You might want to see your doctor before you try to lose weight to figure out how you gained it in the first place.

**Tips for Overcoming Obesity**

If you are in the obese category according to your BMI, now is the time to start losing weight. You can make small changes at first until you get into the groove of weight loss. You really want to develop a new healthy lifestyle, not just try to lose weight for the sake of it. Follow a healthy diet, track everything you eat, drink plenty of water, and exercise 3-5 days a week to start with.