

THE COST OF BEING OVERWEIGHT

Just ten pounds overweight starts to crowd your organs. Ten to twenty pounds ups heart disease risk (#1 killer of women) by 25%. Forty pounds increases risk of heart disease by 250%. — *D.Hensrud,MD, Mayo Medical School Minnesota*

- Just ten pounds overweight strains hips, lower back, and increases pressure on knees by 30-60lbs with each step. — *S.Barlett, Professor, John Hopkins Medical School*
- Just ten pounds overweight increases risk of knee osteoarthritis by 50%. — *Mayo Clinic*
- Just ten pounds weight gain is responsible for 25% of all new diabetes cases — *Mayo Clinic*

CFR Comment - M. Krikorian

The problem with pain is that it keeps us from life's most enjoyable and important activities. How can we participate in the most life-enriching and sustaining activities when we are in pain? Getting out of pain and returning to your birth-right function is the goal of CFR and Nexus Physical Therapy.