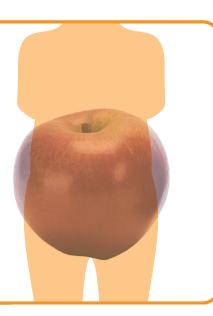
## Session 13

## Losing weight, and maintaining a healthy weight

Being overweight increases your risk of developing coronary heart disease. Keeping to a healthy weight and body shape will help you control your blood pressure and cholesterol levels.

## **Apple-shaped**

People who carry too much weight around their **middle** have a **greater risk** of developing coronary heart disease.



## **Pear-shaped**

People who carry extra weight around their **hips**, tend to have a **lower risk** of developing coronary heart disease.

