**Weight! It’s so frustrating!**

One of my favorite health lines is “you can be fat and fit!” Which I will always believe is true; however, there are limits to that extra weight and it will catch up to you.  
  
Weight! The most frustrating issue in health! Here’s what’s truly frustrating. An obese person goes in for a physical with their doctor and all their blood work is normal, their blood pressure is solid, heart rate is normal, yet they are obese. It’s got to be so hard for a physician to have to tell an obese individual that their health markers are fine but carrying around all that weight is not.  
  
Here’s the take on weight that I’ve come up with over the years. I’m talking about the extra weight in access of 40 to 50 lbs, not those last 10 lbs your body insists on keeping, let’s be realistic here. Being overweight and/or obese can be O.K. for a while, but there will come a time when that extra weight you are carrying around will become the primary issue for your health.  
  
Let’s simply add “aging” into the health equation. With time, everything seems to just start falling apart due to getting older. All those aches and pains, inside and out. For someone who carries a lot of extra body weight, they must contend with that excess weight during these times of normal aging and health changes. The extra weight then starts to make the age and health issues worse. They compound themselves and now your health begins to deteriorate quicker because of the weight, then it would for someone not obese.  
  
Suddenly blood pressures increase, cholesterol levels creep up, knees and hips begin to hurt, increased back pain, diabetes sets in, sleep patterns change, digestion issues begin, UTI’s increase, etc. I could go on and on!  
  
Now your health and these medical issues are directly related to the weight you’ve carried all your life. The weight has been that extra “taxing” factor on your body so that when things start to break down, the weight factor accelerates the break down process.  
  
Here’s something else to think about. Of all the pictures of individuals that live long lives, let’s say well into their late 90’s and 100’s. How many of them are obese? I can’t even think of an individual who has held a record age of over a hundred being overweight.  
  
In fact, the “oldest” individuals in the world typically don’t live in the United States. Most of them live in faraway countries where a healthy diet and healthy living (active living) have played a huge part in their lives. They don’t have a fast food chain restaurant and Star Bucks on every street corner, therefore their diet has been much healthier than what we are exposed to here.  
  
That’s a good question and possibly a future article; is lifespan directly related to maintaining close to ideal body weight?  
  
Now, not to quote a friend recently, but to yes, I’m totally quoting her; “for some reason, this past month I have gained weight and my clothes are so tight! And no matter what I do, I can’t seem to get it off!”  
  
My answer to her; “Yes, you can and now is the time to catch that weight gain before it gets out of control.” Weight gain can be caused by several issues all of which can be discussed with your physician. But the main thing to think about is that if the weight is going on and you need to buy the next size in your jeans, isn’t it time to stop what you’re doing? Pregnancy, age, health issues, lifestyles are not reasons to accept that extra weight, long term. Be in control and lose it when it creeps up on you.  
  
The exercise factor is huge and if you do exercise, you can build a little higher defense against all these aging and obesity factors to some degree. Always remember, that there isn’t a health issue in this world that exercise won’t affect in a positive way, including obesity. So being “fit and fat” is a great way to start! But don’t let it get farther than that!