



Real Weight Loss for Women

by Your Name

Real Weight Loss for Women

**“How to Lose Weight and Feel Great,
Regardless of Your Age”**

by Your Name Here

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Women and Weight: Understanding the Problem

According to estimates from the National Center for Health Statistics of the Center for Disease Control and Prevention, over 60 percent of US adult women are overweight. Just over one third of overweight adult women are obese.

The adverse health effects of being overweight have been well-documented, and being overweight or obese increases a woman's risk of heart disease, arthritis, stroke, high blood pressure, stroke, breathing problems, Type II diabetes, gallbladder disease, some forms of cancer, and even difficulties and problems in pregnancy.

So what is the cause of the widespread weight problems among women? You can become overweight or even obese when you eat more calories than you use. A calorie is simply a measure of the energy in the foods you eat. Your body requires the energy from your foods to function and for you to be active. However, if you take in more energy than your body uses, you will inevitably gain weight.

There are many factors which can play a role in causing a woman to become overweight or obese. Among these factors are:

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