



Ten Reasons to Drop 10

If your New Year's Resolution is to Lose Weight, it doesn't have to be an "All or Nothing" proposition. Here is how a weight loss of just 10 pounds can improve your life and health:

1. **Reduce Pressure on Joints** - Ten extra pounds adds 40 pounds of pressure to your knee joints and lower extremities. Dropping just 10 pounds can ease the extra burden.
2. **Reduce Cancer Risk** – Slimming down by 10 pounds can reduce circulating hormone levels of estrogen, androgens and insulin which are linked to some cancers.
3. **Type 2 Diabetes** – Losing 10 pounds along with regular exercise can help prevent or delay onset of Type 2 Diabetes. If you already have Diabetes, weight loss along with exercise can help reduce the amount of medication you need plus give you better blood sugar control.
4. **Improve HDL** – Losing 10 pounds plus regular exercise can bump your "healthy" cholesterol by about 5 points. HDL helps clear the body of LDL (the "lousy" cholesterol).
5. **Reduce Triglycerides** – Dropping 10 pounds has been shown to reduce Triglyceride levels by up to 40 points which reduces your risk for heart attack or stroke.
6. **Reduce High Blood Pressure** – Reducing your weight by 10 pounds can help you reduce your diastolic and systolic number by about 5 points each. Increasing exercise and reducing sodium along with obtaining the nutrients available in vegetables, fruits and low-fat dairy may help even more.
7. **Reduce Sleep Apnea** – Dropping 10 pounds can help reduce the extra tissue that can form in the back of the throat leading to sleep apnea. When this tissue blocks your airway, you can stop breathing over and over throughout the night which has many health consequences especially for your heart.
8. **Reduce Insulin Resistance** – Ten extra pounds of weight contributes to visceral fat wrapping around your internal organs and causes insulin resistance. This means your body is continually producing insulin ineffectually to bring down blood glucose. Losing 10 pounds can help reduce insulin resistance and lower blood sugar levels.
9. **Sleep Better** – Studies show losing just 10 pounds can help you sleep better.
10. **Improve Mood** – Reducing your weight by 10 pounds can improve sleep, mood and helps reduce depression.

Reference: <https://www.webmd.com/diet/ss/slideshow-five-percent-weight-loss>