

Reduce Your Risk for Obesity

What is obesity?

Obesity occurs by taking in more calories that you use through daily activities and exercise. Obesity increases the risk for other serious conditions, such as heart disease, stroke, Type 2 diabetes and certain type of cancers. Body mass index (BMI) is used to estimate body fat. An individual with a BMI of 30 or more falls within the obesity range. Genetics, nutrition and lifestyle choices can lead to obesity. Physical activity is one way to prevent and manage obesity.

Tips for a Healthier You

- Exercising 150 minutes per week reduces premature death by **35% to 42%**.
- The Centers for Disease Control and Prevention (CDC) recommends **30 minutes** of physical activity five times a week. Start with three 10-minute sessions a day.
- Aim for 7,000 steps a day. Research suggest that this can reduce the risk for premature death by **50% to 70%**.
- Simple steps like parking further away and taking the stairs when possible can help lower the risk of a heart attack.
- Housework and yardwork count toward your physical activity goal. Examples include vacuuming, sweeping, gardening, and the like. Twenty minutes of vacuuming is like walking one mile.
- Use household items around the house for strength training, such as canned goods, laundry detergent or water bottles.

In 2021, 43% of adults in Bexar County reported a BMI of 30 or higher.



2 out of 5 adults in Bexar County are obese.

Take Action Today

Schedule a primary care visit	UniversityHealth.com/appointment
BMI calculator	UniversityHealth.com/obesity
Texas Diabetes Institute Fitness Center	UniversityHealth.com/FitnessCenter
Visit our health blog for recipes, health advice and tips to boost your heart health	HealthFocusSA.net
Find community resources	uhsa.findhelp.com

Connect with University Health for more information on how to improve health by visiting our Institute for Public Health website: InstitutePH.com

Sources:

[American Medical Association 2024](#) [Center for Disease Control 2022](#) [Center for Disease Control 2023](#) [Center for Disease Control 2020](#)

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