

The doctor explained why it is impossible to judge human health only by weight

In fact, body weight indicates our health less than we think. You can eat five portions of fruits and vegetables per day, regularly go to the gym, have excellent pressure and normal cholesterol - and still be considered an "unhealthy" person by numbers on the scales.

According to science, weight is only one of the health indicators. By itself, it does not reflect a complete picture.

In general, the body weight measures only the mass of our body. Its change over time may indicate how many calories a person consumes and how much he burns. There are also other important health indicators. This is the level of cholesterol, blood sugar, blood pressure, heart rate. All of them are not displayed on the scales.



Hamro doctor

Also, the weight does not display the quality of the diet, the amount of fat in the human body and the location of this fat. By weight, one cannot judge the amount of physical activity, the quality of sleep, the level of stress.

All these factors are more difficult to measure than weight of the body, but they give a much more significant picture of human health. This does not mean that there is no connection between weight and these indicators - they are simply not so unambiguous.

There is a clear connection at the level of the population between the high body weight and the high risk of the development of diseases. According to scientific research, in people with overweight or obesity in the body index of body weight more often there are cardiovascular diseases, type 2 diabetes, some types of cancer.

Moreover, some people with overweight have normal blood pressure, cholesterol and blood

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sugar. At the same time, some people with normal weight can have a high level of visceral fat, poor nutrition, and lead a sedentary lifestyle.

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