

DO YOU KNOW?

HOW OBESITY CAN AFFECT YOU

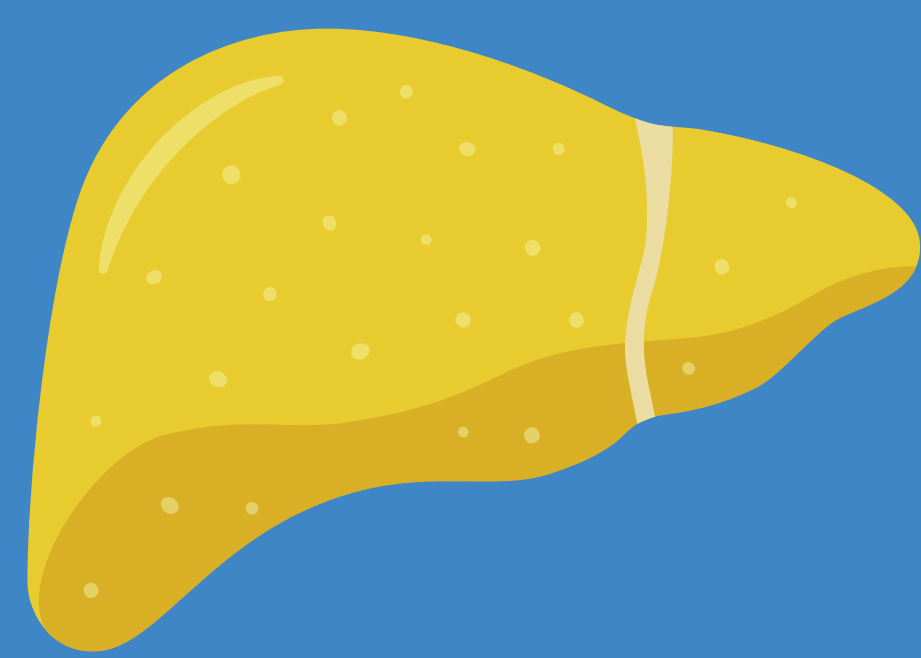


Unhealthy excess fat can lead to **multiple health consequences** which include:

DIABETES



FATTY LIVER DISEASE



OBSTRUCTIVE SLEEP APNOEA



GASTRIC REFLUX



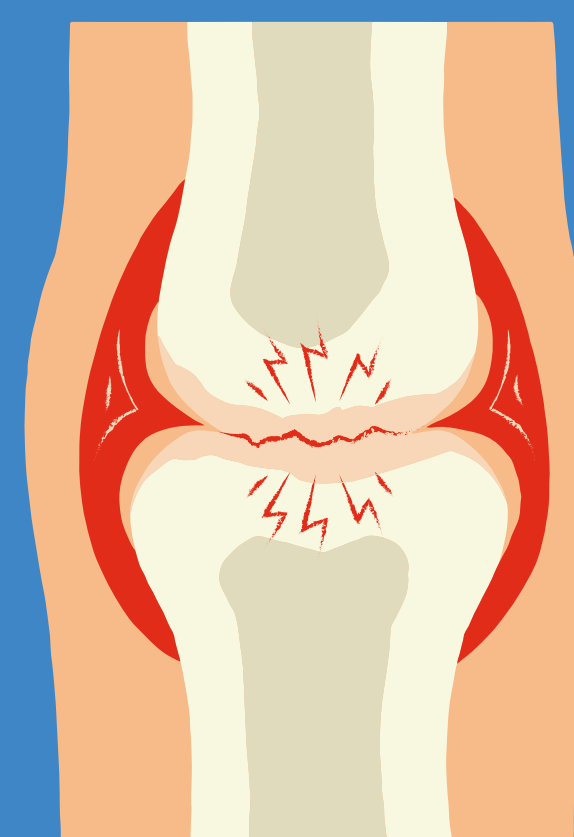
HYPERTENSION



HEART DISEASE



OSTEOARTHRITIS



POOR MENTAL HEALTH



GOUT

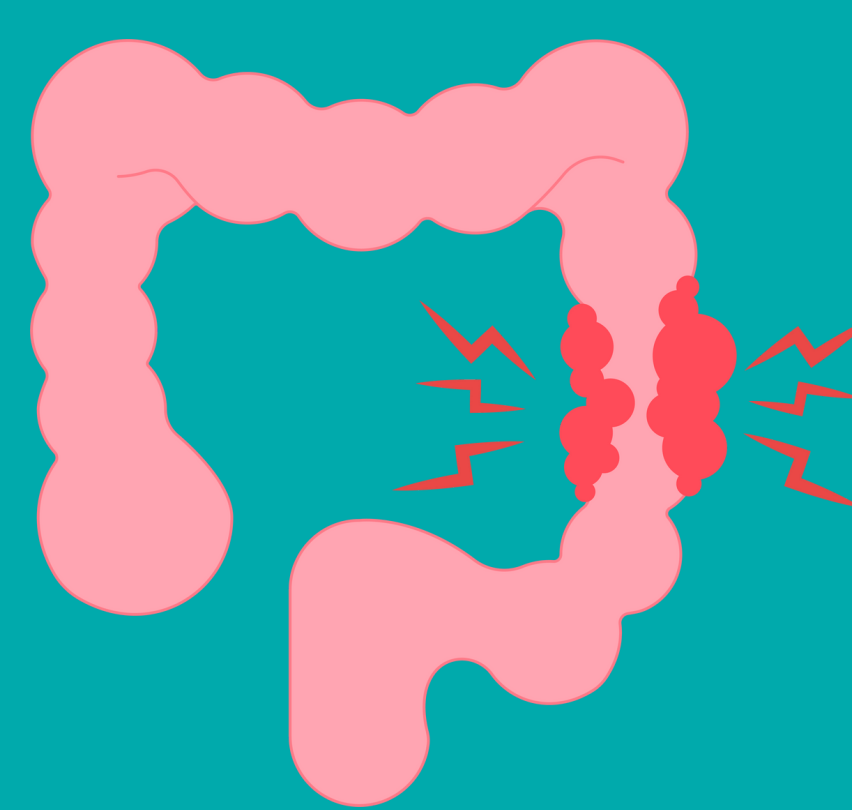


SUBFERTILITY



CANCER

eg colon, breast, liver, pancreas



POOR SELF-ESTEEM



The **good news** is that a **modest amount of weight loss (5-10%)** can lead to improvements in many of the above conditions.



<https://for.sg/wod2023register>

Scan to register for the Public Webinar on 4 March 2023.



Stand to win Mr Bean vouchers when you participate in our short quiz! Approach our staff for more details.