

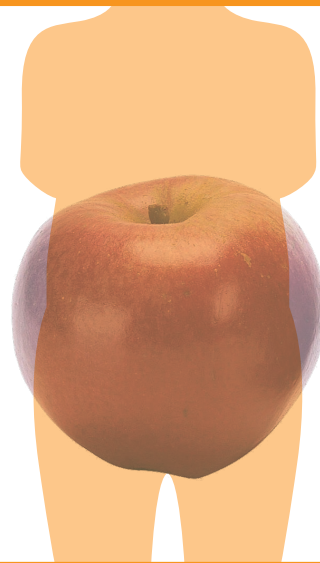
## Session 13

# Losing weight, and maintaining a healthy weight

Being overweight increases your risk of developing coronary heart disease. Keeping to a healthy weight and body shape will help you control your blood pressure and cholesterol levels.

### Apple-shaped

People who carry too much weight around their **middle** have a **greater risk** of developing coronary heart disease.



### Pear-shaped

People who carry extra weight around their **hips**, tend to have a **lower risk** of developing coronary heart disease.

