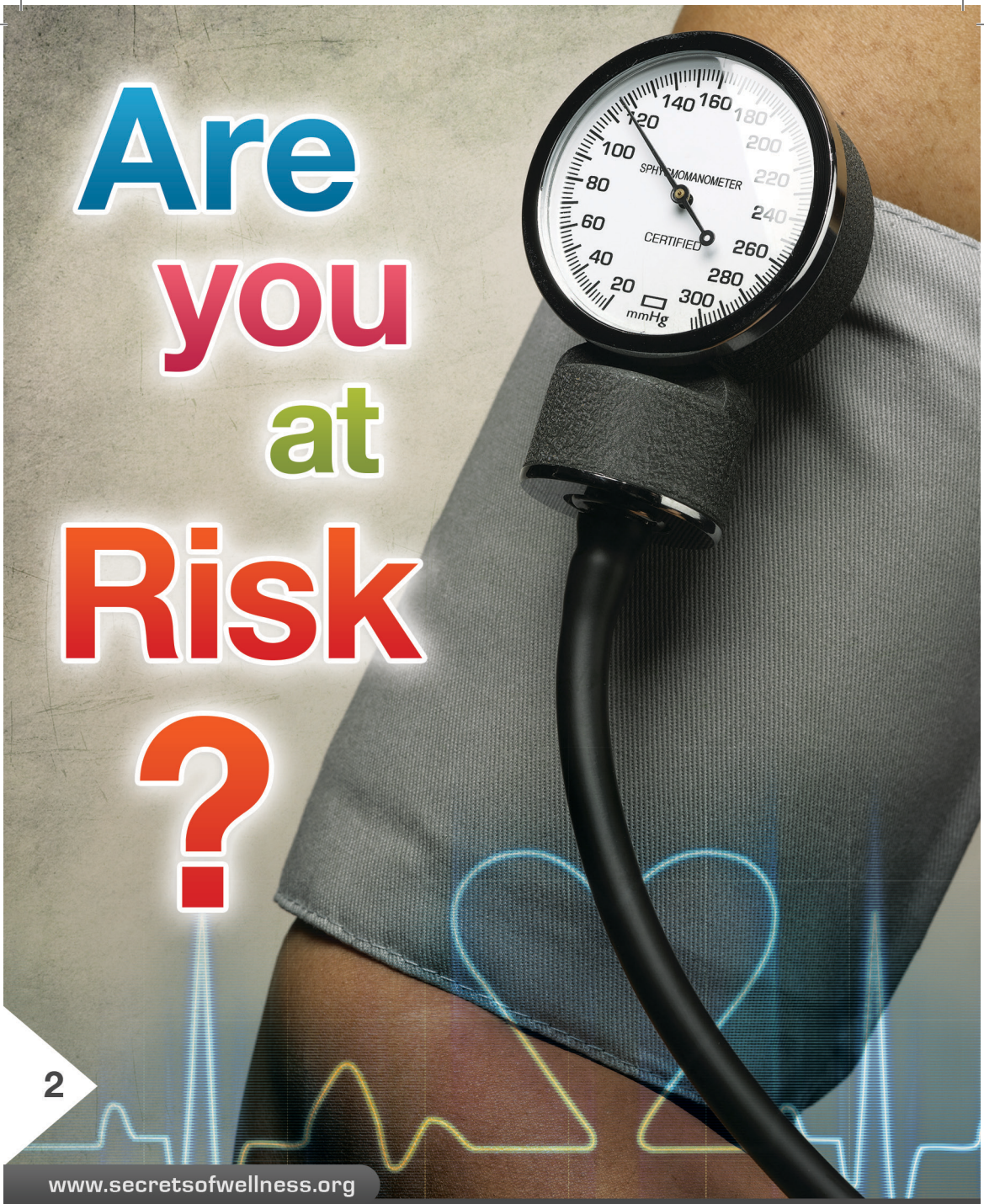
# Are you at Risk?



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Seventh-day Adventist Church
150 Years of Health Promotion

Secrets of Wellness

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Obesity, type 2 diabetes and heart disease are reaching epidemic proportions. **According to the World Health Organization, at least 2.8 million people die worldwide each year as a direct result of being overweight or obese.** These conditions greatly increase the risk for other health problems such as diabetes, heart disease, and certain cancers. Besides overweight the other main causes for the high prevalence of type 2 diabetes are unhealthy diet and physical inactivity.

You can find out if you are overweight or obese, by calculating your body mass index (BMI). The formula is: **BMI = (weight in kilograms) / (height in meters)$^2$**. A BMI of 25 or above represents an overweight condition, while a BMI of 30 or above represents obesity. **What is your BMI? Are you overweight or obese?**

We can protect ourselves and our children against obesity, diabetes and heart disease by eating a healthy natural plant-based diet, exercising regularly and getting adequate sleep. **Where else can you improve your lifestyle?** Studies are showing that developing positive relationships, learning to forgive and having faith in God can also enhance your health.

**"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."** John C. Maxwell

**Why not start changing your daily routine today? You can do it! The secret of getting ahead is getting started.**

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