

Rondiet®

Horsetail • Green tea • Pu erh tea Extract

*Optimum weight ...
optimum health*



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RÖNZAC

Healthy Living, Naturally!

Obesity is a complex disease involving an excessive amount of body fat.

Obesity isn't just a cosmetic concern. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight.

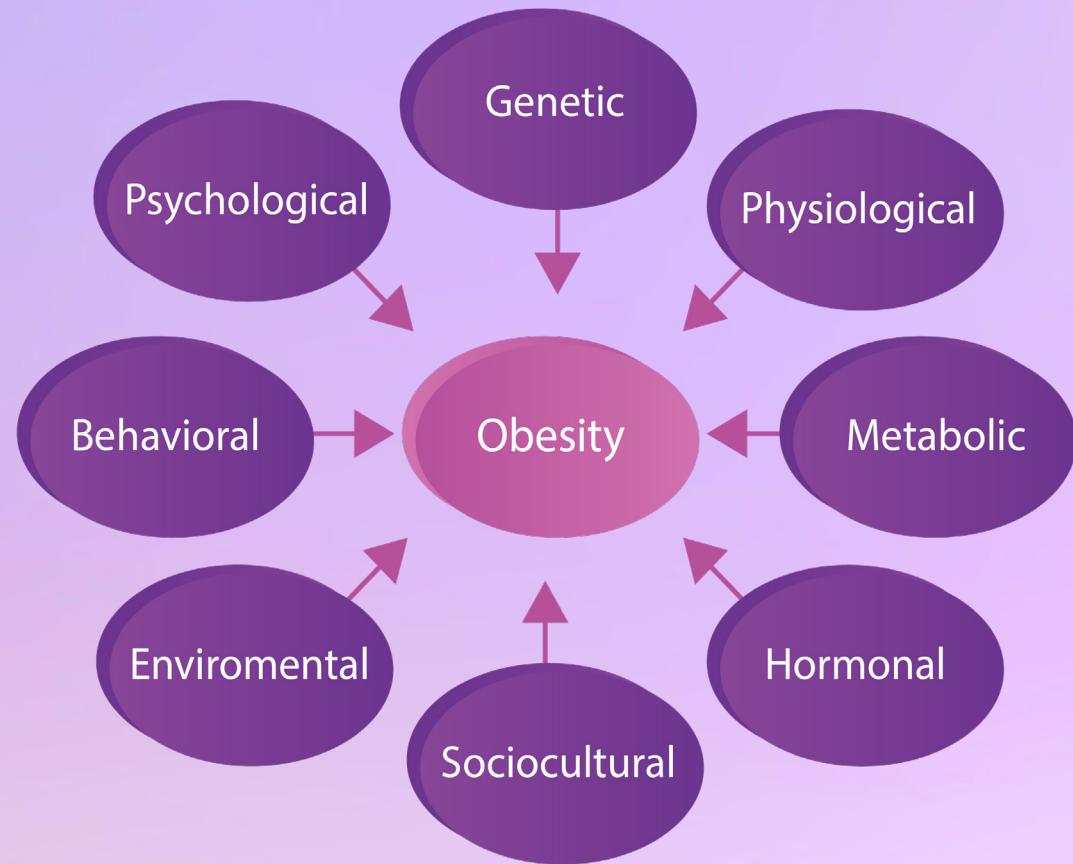


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Obesity causes

The main cause of obesity and overweight is an energy imbalance between calories consumed and calories expended.



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Obesity Diagnosis

To diagnose obesity, your doctor will typically perform a physical exam and recommend some tests.

These exams and tests generally include:

Taking your health history. Your doctor may review your weight history, weight-loss efforts, physical activity and exercise habits.

A general physical exam. This includes measuring your height; checking vital signs, such as heart rate, blood pressure and temperature; listening to your heart and lungs; and examining your abdomen.

Calculating your BMI. Your doctor will check your body mass index (BMI). A BMI of 30 or higher is considered obesity. Numbers higher than 30 increase your health risks even more.



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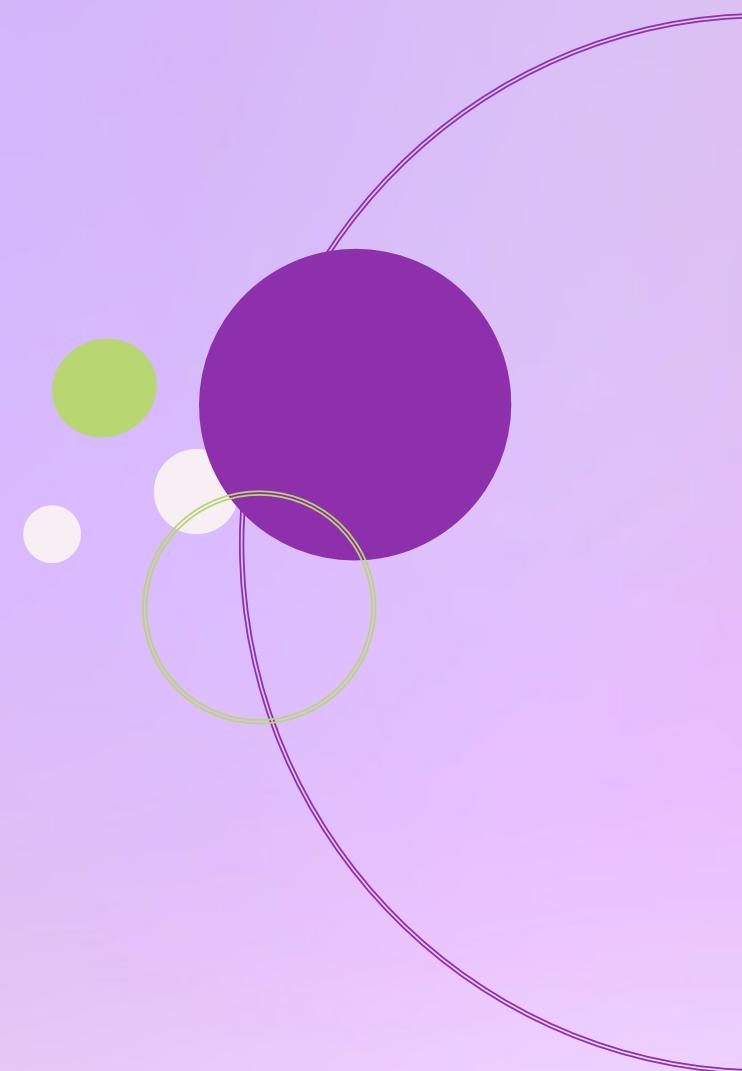
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Obesity Diagnosis

Measuring your waist circumference. Fat stored around your waist, sometimes called visceral fat or abdominal fat, may further increase your risk of heart disease and diabetes. Women with a waist measurement (circumference) of more than 35 inches (89 centimeters, or cm) and men with a waist measurement of more than 40 inches (102 cm) may have more health risks than do people with smaller waist measurements.

Checking for other health problems. If you have known health problems, your doctor will evaluate them. Your doctor will also check for other possible health problems, such as high blood pressure and diabetes. Your doctor may also recommend certain heart tests, such as an electrocardiogram.

Blood tests. What tests you have depend on your health, risk factors and any current symptoms you may be having. Blood tests may include a cholesterol test, liver function tests, a fasting glucose, a thyroid test and others.



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Obesity prevention for adults

The bottom line is eating a healthy diet and getting more physical activity which can help prevent obesity. Many of these obesity prevention tips are the same for losing or maintaining a healthy weight.

- Consume less “bad” fat and more “good” fat
- Consume less processed and sugary foods
- Eat more vegetables and fruits
- Eat plenty of dietary fiber
- Engage in regular aerobic activity
- Incorporate a weight training regimen
- Focus on reducing daily stress



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Why does obesity prevention matter?

Preventing obesity plays an important role in good health. Obesity is associated with a long list of chronic health conditions, many of which become more difficult to treat over time. These conditions include:

- metabolic syndrome**
- type 2 diabetes**
- high blood pressure**
- high triglycerides and low “good” cholesterol**
- heart disease**
- stroke**
- sleep apnea**
- gallbladder disease**
- sexual health issues**
- nonalcoholic fatty liver disease**
- osteoarthritis**
- mental health conditions**

With focusing on lifestyle changes, it is possible to slow or even prevent the development of such diseases.



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This catalogue is sponsored by Rondiet®. For more information please consult your doctor or pharmacist.

Rondiet® Capsules is manufactured for Rönzac, of Germany, by MARTINEZ NIETO , S.A. Spain. For more information please visit the Rönzac website.

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