

CAN WEIGHT LOSS SAVE YOU MONEY?

Bankrate.com

If looking better and feeling better doesn't motivate you to drop a few pounds, perhaps cold hard cash is the incentive you need to revamp your diet and hit the treadmill.

But can whittling your waistline really add some heft to your wallet?

72 MILLION

The number of adults in the United States currently affected by obesity.

SAVING
at the doctor's
OFFICE

A person who is obese has annual medical costs **\$1,429** higher than someone of a normal weight.

EAT LESS, SPEND LESS ??

Does dropping a few pants sizes trim food costs?

Quite possibly. If your dinners cost \$5 a meal and you split them in half – eating half one night and half another night – you save \$912.50 a year.

CUTTING
insurance
PREMIUMS

A person's physical health has a big impact on life insurance rates.

Policyholders who are overweight often pay higher premiums because they are at increased risk for many health problems.

BOOST
YOUR
SALARY

Being overweight can also have one hidden cost that many overlook: a negative impact on wages and salary.

All things being equal, employers may not hire an overweight or obese person over others because of the risk of increased health care costs.

Notes:

15
POUNDS

Just one soda a day can cause 15 pounds of weight gain per year.