

YOUR MOTION MSK PROVIDER

has informed you that losing excess weight can help reduce your pain and improve your overall physical health. **Here's how shedding some extra pounds will help you decrease, and keep the pain away:**



REDUCED PRESSURE ON JOINTS

- Excess weight puts additional pressure on joints, such as the knees and hips, which can lead to pain and discomfort.
- For example, literature shows that for the knee joint, each pound of body weight is equivalent to 4 lbs. So a 10 lb weight loss feels like a 40 lb weight loss for your knees! This effect is similar for many other joints in the body as well.



IMPROVED MOBILITY

- Losing weight can make it easier to move and engage in activities that may have been difficult or painful before.
- Improved mobility allows for more exercise, which can help alleviate pain associated with painful conditions.



IMPROVED OVERALL HEALTH

- Weight loss, as supported by additional evidence, can not only improve your pain but significantly enhance these areas of lifestyle: Sleep, Energy, and Mental health.

TRACK YOUR WEIGHT!

Keeping track of your weight can help you stay on top of your progress and motivate you to continue making healthy lifestyle choices.

TIPS FOR SUCCESS:

- **Check your weight at the same time**
- **Aim for daily, but can start weekly**
- **Weight loss doesn't always show on the scale.**
- **Another way to track progress is to pay close attention to how your clothes feel as you progress.**