

Fat and Fit or Skinny and Unfit, That's the Question

We often associate a healthy individual as a slim or average weight person. However, I recently read an article in the New York Times that may very well support my belief that we cannot gauge our health by the numbers projected on the scale.

Despite concerns about overweight America, whether it is our young children or adults, there is evidence that using weight as a primary measure of health may be misguided.

In her article, Better to be Fat and Fit than Skinny and Unfit, published in the New York Times, Tara Parker-Pope cites “How studies reported in *The Archives of Internal Medicine* compared weight and cardiovascular risk factors among a test group of over 5,400 adults. The data suggests that half of the overweight people and one-third of obese people are ‘metabolically healthy.’” That means despite their excess pounds, many overweight and obese adults have healthy levels of “Good cholesterol, blood pressure, blood glucose and other risks for heart disease. At the same time, about one out of four slim people – those who fall in to the ‘healthy’ weight range – actually have at least two cardiovascular risk factors typically associated with obesity.”

Being overweight is a concern, but increasingly, studies show that being skinny does not necessarily mean we're healthy. The best way to be healthy and stay healthy, regardless of weight, is to ensure that our life is balanced.