### Mayo Clinic Minute

**Why skinny doesn’t always mean heart-healthy**

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>The old saying “don’t judge a book by its cover” applies to bodies, too. Skinny-looking people can actually be fat.</td>
<td>“How can you be fat and have normal weight?”</td>
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</tbody>
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Francisco Lopez-Jimenez, M.D.  
Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says it has to do with the composition of your body’s bones, muscle and fat.

| Graphic:  
Bones  
Muscle  
Fat | “Somebody might have very thin bones, little amounts of muscle mass, a high amount of fat; and that will equal a total of normal weight.” |

| Graphic:  
Normal-weight obesity  
Heart disease  
Diabetes  
Metabolic syndrome | It’s called normal-weight obesity. And that extra fat puts a person at risk for heart disease, diabetes, and other metabolic issues. It’s especially bad when the extra fat is in the belly. |

| If you have normal-weight obesity, get moving. | “Skinny people might have this feeling that ‘I am fine. I don’t have to exercise.’” |

Francisco Lopez-Jimenez, M.D.  
Dr. Lopez-Jimenez says skinny-looking and sedentary is worse than being overweight and very active. And exercise is good for everyone. So …

| Dr. Lopez-Jimenez says skinny-looking and sedentary is worse than being overweight and very active. And exercise is good for everyone. So … | “Be as active as possible.” |

| Graphic:  
newsnetwork.mayoclinic.org | For the Mayo Clinic News Network, I’m Jeff Olsen. |