

Mayo Clinic Minute

Why skinny doesn't always mean heart-healthy

VIDEO	AUDIO
	The old saying “don’t judge a book by its cover” applies to bodies, too. Skinny-looking people can actually be fat.
Francisco Lopez-Jimenez, M.D.	“How can you be fat and have normal weight?”
Graphic: Bones Muscle Fat	Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says it has to do with the composition of your body’s bones, muscle and fat.
Title: Francisco Lopez-Jimenez, M.D. Cardiology Mayo Clinic	“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.
Francisco Lopez-Jimenez, M.D.	“Skinny people might have this feeling that ‘I am fine. I don’t have to exercise.’”
	Dr. Lopez-Jimenez says skinny-looking and sedentary is worse than being overweight and very active. And exercise is good for everyone. So ...
Francisco Lopez-Jimenez, M.D.	“Be as active as possible.”
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Jeff Olsen.