

MC: If I asked you to describe someone who you thought was unhealthy what do you think they'd be like?

AM311: Me (laughs) well I don't know always sick and overweight obviously which I am but believe it or not I'm not unhealthy cause I was at the doctors a couple of weeks ago and blood pressure and everything is spot on for being so I don't know maybe people who just don't take to do with their own general health the way they should do but I don't know if I could describe somebody I don't know if I could describe a person what somebody would be like because at the end of the day somebody who looks perfectly healthy could be extremely unhealthy and the opposite could be said of somebody who looks unhealthy could be fine ehm.

unhealthy
= o/w

Then

O/W can
be healthy

MC: Do you think it would be easier for you to describe somebody who was healthy?

AM311: Ehm I don't know obviously if I don't know I've had weight problems for most of my life maybe if I didn't have a weight problem I would look at somebody like me as being unhealthy because I'm overweight ehm but then I walk 4/5 miles most days obviously there were things that were wrong but I don't know basically I had problems I would say that people that were heavier were more inclined to have more medical problems.

looking o/w =
unhealthy

← acknowledgment
of physical
consequences

MC: What sort of medical problems do you think that people who are heavier can have?

AM311: Ehm obviously blood pressure would be one of them ehm maybe they're more at risk generally of like diabetes, like heart problems and like aching joints for carrying excess weight.

MC: Would you say there are some people who find it hard to exercise and eat healthily?

AM311: Well exercise it depends obviously I walk I walk for miles and that doesn't bother me if you're talking about using a gym then you need the means to be able to do that again eating healthy your diet your income can really restrict what you're able to eat because sometimes buying things that are ready made or convenience is an awful lot cheaper than costly having to buy fresh food obviously it

excess
cost

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Overweight
but healthy

Appearances
can be
deceptive.

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Weight history

heavier = unhealthy.

MC: What sort of medical problems do you think that people who are heavier can have?

Awareness of
health risks

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Health
risks
←
overweight.

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