

## Thinner People Are Healthier Than Heavier People

Contributed by Skinny Myths Team

SKINNY MYTH: "People who are thinner are always healthier"

Myth.

Being thin does not make one immune to risk for diseases such as diabetes and heart disease.

Medical professionals now think that internal fat surrounding vital organs could be as dangerous as the more obvious external fat that bulges underneath the skin.

Source Reference:

- "Thin People Might Be fat on the Inside" - The Associated Press. May 11, 2007.