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A Battle of Great Proportions: The Fight Against Obesity

Recent studies came up with a statistical figure that approximately fifty-eight million men and women are overweight; roughly forty million are obese; and around three million are morbidly obese. Another study said that eight out of 10 adults over twenty-five are overweight.

Being overweight and obese has been an on-going concern for a ton of adults. Surveys say {that the} population of obese individuals has increased drastically within the United States alone, which cases of obesity-connected health risks have grown at an alarming rate.

Contributing factors

A variety of factors play a contributory role in obesity, and these are:

1. Energy imbalance. This happens when the amount of calories consumed will not quantity to the number of calories used or burned.
2. Calorie consumption. The availability of a ton of pre-packaged foods, quick food restaurants, and soft drinks which are usually high in fat, sugar, and calories contributes to an excessive calorie intake.
3. Calorie usage. Folks are becoming additional and more sedentary, and the lack of physical activity is inflicting the surplus calorie to become stored fat.
4. Environment. Folks spending an excessive amount of time inside the house in front of the tv could find it less attractive to travel out for a walk or engage in any sporty activities.
5. Genetics. Genes play a part in passing on disorders that may cause obesity.
6. Diseases. Sickneses like Cushing's disease, Bardet-Biedl syndrome, and Prader-Willi syndrome might cause obesity.
7. Medications. Medication such as steroids and a few antidepressants could cause vital weight gain.

Complications/Risk factors

Obesity isn't simply a easy concern for one's appearance, it causes a multitude of health dilemma which will be harmful to the health. Among these complications are: Insulin resistance, sort 2 diabetes, hypertension, stroke, heart attack, congestive heart failure, cancer, gallstones, gouty arthritis, osteoarthritis, sleep apnea, and pickwickian syndrome.

Weight loss

Now that you simply've learned of the repercussions of being overweight and obese, it's time to contemplate shedding off some pounds. Here are some ways to lose weight:

Diet. Watch what you eat. This doesn't mean you have to starve yourself or count how much you eat. A balanced diet makes sure that your body is nourished with the required nutrients required for the day.

Exercise. Integrating a easy exercise routine for an hour or two everyday might prove useful to burn off calories you ate. This may be as simple as walking a block or 2, doing a group or two of sit-ups, or performing basic stretching exercises.

Surgery. Weight loss surgery is performed only for severe obesity cases where diet and exercise has very little effect. This is advised for folks suffering from serious obesity-related health concerns. The operation aides in weight loss by restricting food intake and, in alternative operations, interrupt the digestive process.

Living with obesity is difficult. Much additional if you're living with its complications. Remember that you simply don't have to stay obese. Get up and take action. Rid yourself of this serious burden and work your manner out to a slimmer, healthier you. Take comfort in knowing that you have got the ability to save lots of yourself from obesity.

If you are interested in ending the misery caused by excessive sweating then visit this site: [how to stop sweating](#) . We will tell you [how to stop sweating](#) and live without the fear of looking and smelling incredibly horrible. Learn more at [how to stop sweating](#).