

# Free essay on obesity is not a disease

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## English

One of the challenges that the nation has to face is obesity which comes with the constant struggle with proper eating habits and exercise. There are several factors that play a role in the environment that we live in and one of them is food. Food is one of the basic necessities of man. However, food abundance in the America had given the citizens the opportunity to eat for pleasure and take in more than the capacity that the actual body can hold. Aside from this, the many people practice sedentary lifestyles due to hectic work schedules which make it difficult to find time to exercise. Food craving is a result of a mental conditioning or behavior. In fact, scientists believe that the exposure to certain types of food will increase the hormone called “opioid enkephalin” that is discharged by the brain to regulate specific behaviors. When the level of this brain substance drops, it will result to increased food cravings and the tendency to overeat. The best way to combat obesity is not to eat less, but by eating more of the healthy food such as fresh fruits and vegetables. Another cause for obesity is sleep deprivation as the metabolism of the body slows down if a person lacks hours of much needed rest. People who sleep less than 8 hours a day can develop greater body mass index (BMI) and impairment of the glucose tolerance of the body. This may lead to more severe diseases such as insulin resistance and diabetes. Stress plays a major role in weight gain since it is a product of psychosocial influence rather than a clinic reaction. Obesity is not a disease, but a result of three major influences which are over-eating, lack of exercise and personal behavior. Keeping an active lifestyle will address the health problem of the community which can be solved through proper

diet and exercise to combat all forms of illnesses. A healthy mind and a healthy body will enable more citizens to participate in fulfilling the goals of the community.