

Obesity



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Obesity Lifestyle changes over the years and the adoption of a greater sedentary lifestyle has resulted in the emergence of new problems for mankind. The epidemic of obesity is associated with the changing patterns of the living of the people. It has become a subject of great concern for health professionals as well as for international health agencies owing to the increase in the number of people suffering from obesity as well as the wide number of pathologies that can result due to this condition. It has estimated that in the United States of America two third of the population has either increased weight or is suffering from obesity. Furthermore, it has been classified that one third of the population belonging to the age group of above twenty years is suffering from obesity (Weight Control Information Network 2010). There are many underlying factors that have been leading to this problem. Increased consumption of fats and reduced burning of calories through exercise has resulted in obesity. Reduction in physical activities by children leads to increase in obesity amongst the young generation. The advancement of technology has made the person more reliable on machines for all their works and has resulted in reduction of physical activities. Video games and other forms of entertainment has made people more restricted to indoors and has led to decrease in outdoor activities and games and hence resulted in aggravating the problem of obesity (Biddle et al 2009). The epidemic of obesity needs to be tackled with different measures. Physical activity needs to be promoted and awareness should be created amongst the people regarding the problems that may result due to this condition. Children should be trained in schools and sports activities should be encouraged amongst them. The media should also play a role by promotion of activities and measures that can reduce this issue (Boyse 2008, Biddle et

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al 2009). My friend was suffering from the problem of obesity. I guided him to visit a nutritionist who would provide him with a healthy diet which would provide him with complete nourishment and at the same time the balanced diet would be short in calories as per his requirement. I also encouraged him to indulge in outdoor games and go for walks and choose to travel by feet to nearby places rather than drive. Works Cited Top of Form Biddle, S, and T Dovey. " Obesity - Is Physical Activity the Key?" *Psychologist*. 22. 1 (2009): 32-35. Print. Boyse. K. Obesity and Overweight. University of Michigan Health System. (2008). Web 26 March 2011 < [http://www. med. umich. edu/yourchild/topics/obesity. htm](http://www.med.umich.edu/yourchild/topics/obesity.htm)> Bottom of Form Weight Control Information Network. Statistics Related to Overweight and Obesity. National Institute of Health. (2010) Web 26 March 2011.