

The purpose of this paper is to determine if a healthy diet and exercise improve ...

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Research Proposal The effects of consumption of a healthy diet and exercise upon the obesity rate of children in America. Introduction Obesity in children is one of the biggest issues of the American society in the contemporary age. According to CDC (2011), 33.8 per cent of the American population is obese while the number of obese children aged between 2 years and 19 years is 12.5 million that makes 17 per cent of the total population of children in America. Obesity is caused by storage of fat underneath the skin. This happens as a result of intake of food high in cholesterol and fat. Such foods include but are not limited to French fries, doughnuts, deep fried chicken and carbonated drinks. Consumption of these foods may not be very problematic if it is accompanied with regular physical exercise. During the exercise, body retrieves energy from the stored fat. This burns the fats and causes the obesity to retreat. Hence, in order to prevent children from becoming obese, it is imperative that they intake healthy food and take regular exercise.

#### Statement of the problem

The purpose of this paper is to determine if a healthy diet and exercise improve the obesity rate in children in America.

#### Research question

What are the effects of diet and exercise upon the obesity rate of children in America?

#### The statement of hypothesis

The obesity rate of children in America who exercise and eat healthy diet is significantly lower than that of children of the same age that do not exercise and consume unhealthy diet.

#### The statement of the Null Hypothesis

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The obesity rate among children in America who exercise and eat healthy is not significantly lower than that of children of the same age that do not exercise and consume unhealthy diet.

References:

Centers for Disease Control and Prevention. (2011). U. S. Obesity Trends.

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<http://www.cdc.gov/obesity/data/trends.html>.