

Title:

A Battle of Great Proportions: The Fight Against Obesity

Word Count:

521

Summary:

This article is about obesity. It briefly discusses some recent statistical figures connected

Keywords:

overweight and obese, diet, weight loss surgery

Article Body:

Recent studies came up with a statistical figure that approximately fifty-eight million men and

Being overweight and obese has been an on-going concern for a lot of adults. Surveys

Contributing factors

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

1. Energy imbalance. This occurs when the amount of calories consumed does not amount to the amount expended.
2. Calorie consumption. The availability of a lot of pre-packaged foods, fast food restaurants, and vending machines has led to an increase in calorie consumption.
3. Calorie usage. People are becoming more and more sedentary, and the lack of physical activity has led to a decrease in calorie usage.
4. Environment. People spending too much time inside the house in front of the television may be less likely to engage in physical activity.
5. Genetics. Genes play a part in passing on disorders that may cause obesity.
6. Diseases. Illnesses like Cushing's disease, Bardet-Biedl syndrome, and Prader-Willi syndrome can cause obesity.
7. Medications. Drugs such as steroids and some antidepressants may cause significant weight gain.

Complications/Risk factors

Obesity isn't just a simple concern for one's appearance, it causes a multitude of health problems.

Weight loss

Now that you've learned of the repercussions of being overweight and obese, it's time to take action.

Diet. Watch what you eat. This doesn't mean you have to starve yourself or count how much you eat.

Exercise. Integrating a simple exercise routine for an hour or two everyday may prove helpful.

Surgery. Weight loss surgery is performed only for severe obesity cases where diet and exercise have failed.

Living with obesity is difficult. Much more if you're living with its complications. Keep in mind that

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