

Title:

Can Being Overweight Be Inherited?

Word Count:

580

Summary:

Can family genetics play a role in determining if a person will be overweight? This article ex

Keywords:

overweight, lose weight

Article Body:

How many times do you hear overweight people say things like, "I'm only this way because I'm b

So now the question is, if other members of your family are overweight and have always been,

There are some facts that must be considered before you assign blame for your weight problem t

The fact is, even though you may have inherited a higher concentration of fat cells from your

Here are the facts about what makes you overweight that you must know to help you break the fa

For openers, the food choices that you make play a very important role in whether or not you w

Another downfall to losing the weight gain battle is physical inactivity. While just being phy

Your age plays a part in your weight also. When people age, they typically become less active.

Most overweight people are not that way because of the genes they inherited, but because of th

The bottom line is all of the excuses in the world for being overweight won't take one pound o

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