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LOSE WEIGHT And Fight Obesity



Introduction



“How much obesity has to be created in a single decade for people to realise that diet has to be responsible for it?”

Robert Atkins



Everybody wants to be healthy. Who doesn't want a healthy, fit body? It allows you to do the things you love without limitations. It allows you to eat food that you want without feeling guilty about it. Most importantly, a healthy, fit body allows you to enjoy life to the fullest.

However, despite the health campaigns of doctors, healthcare experts, and fitness enthusiasts against obesity, it remains a sensitive issue.

When you are obese, it is difficult to engage yourself in recreational activities. The number of things you can do is limited. Not only that, but you are also at great risk of chronic diseases. According to a study, obesity is also linked with depression—your self-esteem drops. Drolling up is no longer an option when half the clothes in the shopping mall's racks do not fit you.



However, in recent years, We are all becoming health conscious. A study published by the Journal American Medical Association reveals that more and more Americans are making healthy food choices than they were in the past.

This could be the torch in the dark you are looking for. The best thing about losing weight in this generation is that there are proven methods to lose weight without inserting extra hours to work out. This means no matter how busy you are, losing weight is now possible. You do not need to spend your whole time in the gym nor set up a strenuous home workout routine that could affect your productivity.

Latest reports from the Centers for Disease Control and Prevention reveal that half the American adults they have surveyed are trying to lose weight. And their weight loss journey ended with "trying" instead of "succeeding" to lose weight.

Let us face it, given the busy nature of our works; it's easy to gain a few pounds without even noticing it. After a long day at work, all you want to do is hit the bed and sleep. Sometimes, you don't have the time to cook healthier meals and end up ordering pizza, which is a time-saver. Chocolates and beers are go-to for a quick boost of energy when pulling an all-nighter. And let's not deny it—most "junk" foods taste awesome and can easily fill you! The willpower to change this fast-moving lifestyle can be challenging. For some, it even seems impossible.

Here's the catch: you don't need a dramatic change in your life to lose weight. According to the Vitality Group research consultant Jonathan Dugas, Ph.D., losing weight can be done by making small changes in our lifestyles. These small changes have huge impacts, and eventually, it will lead to a successful weight loss journey.

This book will reveal the small changes that you need in your life to lose weight without spending much time! So, sit down, relax, and prepare yourself. Your weight loss journey is about to begin.

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Chapter 1

Symptoms and Causes of Obesity



"To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party."

Adelle Davis

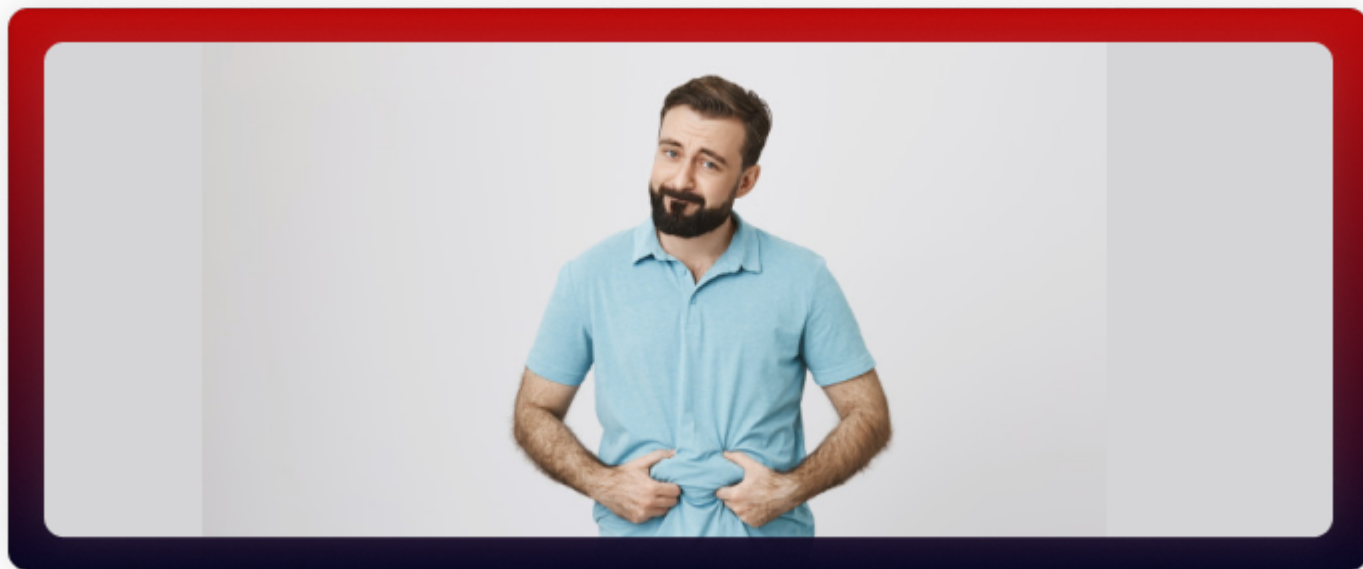
Before we get started, let's define obesity and pin down its symptoms first. An in-depth understanding of obesity helps you to combat it more effectively. Technically, obesity is defined as having excess body fat. If you are an adult aged 35 years old and above with a BMI that is greater than 30, then you are obese.

Besides having horrifying flaps in your body, obesity can also lead to other chronic diseases, including diabetes, cardiovascular diseases, high blood pressure, gallstones, and many more. Unfortunately, obesity can also heighten the risks of cancers.

Some obese people tend to lose weight fast, only to regain it within five years. Why? Because they tend to opt for the short-term fix. While it can be motivating to get results, obesity can't be treated with a band-aid solution. It requires long-term treatment and commitment to a healthier lifestyle, which you are going to learn in the following chapters.

For now, let's pin down the causes and symptoms of obesity.

5 Most Common Causes of Obesity



Your weight is a result of a balance between your calorie intake and energy expenditure. Look at the common causes of obesity to determine if you are experiencing any of it.