



DEFYING OBESITY

Practical
strategies for a
healthy life

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Introduction

"How much obesity has to be created in a single decade for people to realize 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 in America. In fact, in the latest data gathered by the NHANES, over 70 million Americans are obese. This data is quite alarming as it continues to increase over the years.

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.

