The number of people who are at risk of serious health problems due to being overweight is increasing. What is the reason for the growth in overweight is increasing?

What is the reason for the growth in overweight people in society? How can the problem be solved?

In current society, the number of obese people has increased and get affected negatively. Medical experts even judged obesity as a disease as the biggest factor of various diseases such as adult diseases or diabetes. Obesity has increased with economic growth, modern people spend most of their time by sitting and working in one place, and they are missing their nutritional balance, as mainly intaking fast foods save time and cook easy. Then, what are some ways to prevent obesity that causes terrible disease that lead us to death, we can find the answer from wrong point of life of modern people. Firstly, to prevent obesity people need to formulate a diet with adequate nutrients and control their food. Secondly, people have to exercise regularly, if they do not have time to exercise, they should increase daily activities. Finally, to lose weight, people should not do fasting. People need to change their lifestyle in the right side to prevent obesity.

Formulating proper diet is one of the most important part to prevent overweight. Modern people have pursued quick and convenient meals in their busy lives and have never considered food’s nutrition. To prevent obesity, a person needs to eat adequate amounts of nutrients such as protein and calcium. Fast foods contain more than proper amount of nutrients or fat-rich nutrients. Adjusting diet may help to prevent diseases like diabetes and adult illness. According to Korea Diseases Control Department, obese people are susceptible to diabetes and adult diseases, mainly due to dietary problems. Just by adjusting your diet, people can prevent many diseases, including obesity in advance.

Regular exercise should be the best way to prevent obesity because moving body is the most important and biggest factor in calorie consumption. People who want to prevent obesity or escape obesity should choose proper exercise to lose weight. Obese people have a body that is hard to exercise, If they do exercises that (are) not fit for them, they can get damaged in important parts of the body, such as joints or heart tubes. For the modern people tell that they have no time to invest exercise during busy daily lives. However, they do not have to spend lots of time for exercise, instead of setting time for exercise, increasing the amount of daily activity, such as using stairs than elevator or riding bicycle instead of a car may help them to prevent and escape from obesity.

Finally, people should not do fast to lose weight or escape from obesity, fasting food can be the biggest factor that causes obesity. People may think stop to eat food will work for losing weight, they may think calories are not absorbed because food is main resource of calories. people may lose weight at first week of starting fast because they do not intake food. However, after two weeks, a body that could not get nutrients will order to brain to feel hunger and make to eat more food. Then the body get more food, eat until stomach fill and do not feel hunger. In medical term we call this yo-yo effect. This is why most people fail to lose weight, they cannot prevent obesity by simply fasting food. They need to take adequate muteins such as protein and carbohydrate to successfully prevent obesity.

People need to awake obesity as the biggest disease that have affected public health negatively, it has led lots of people to death, people need to learn the way to prevent obesity. People can prevent obesity with easy way, planning proper menu to get proper amount of nutrition and increasing the amount of momentum. People do not have to spend their time to prepare against obesity, people might prevent obesity by changing their daily lives’ habit. People should notice that obesity can be cured and prevented only through constant planning of their lives self-effort.