

Obesity and the impact on one's health

Overweight and obesity are regarded as public health problems in a significant part of the world. One out of eight people on the planet is obese, according to the World Health Organization (WHO). This can give way to several complications throughout life.



The distinction between overweight and obesity

Generally speaking, obesity is characterized by BMI (Body Mass Index) higher than 30. It can be calculated by dividing the weight (kilogram) by square of height (meter). People whose BMI ranges from 25 to 30 are regarded as overweight.



The leading causes to such conditions

Obesity is the result of a combination of inappropriate eating habits, sedentary life, genetic factors and metabolic alterations that give rise to weight gain. In addition, social, economic and cultural factors can contribute to this imbalance.

Some of the main impacts on health

In the long run, obesity is associated with a higher probability of bringing about several other health issues, resulting in profound impacts on quality of life and longevity. Among such issues we can mention type II diabetes, cardiovascular alterations and cholesterol imbalance.



How to minimize the risks

Nobody develops obesity willingly or due to lack of willpower. Therefore, this condition should always be monitored by health professionals, who are able to propose alternatives to deal with the matter the best way possible.



Recommendations that can benefit everyone's health

In any case, the combination of a balanced diet and regular practice of physical exercises can usually bring benefits to people of all weight ranges, at any age. Bear this in mind and explore new ways of moving your body in addition to thinking over new eating habits.

You can find more information on this topic in Sciath's blog!

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