

Causes and Effects of Obesity Essay

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Introduction

Maintaining good body weight is highly recommended by medical doctors as a way of promoting a healthy status of the body. This is to say that there is allowed body weight, which a person is supposed to maintain. Extreme deviations from this weight expose a person to several health complications.

While being underweight is not encouraged, cases of people who are overweight and increasing effects of this condition have raised concerns over the need of addressing the issue of obesity in the society today, where statistics are rising day and night. What is obesity? This refers to a medical condition in which a person's body has high accumulation of body fat to the level of being fatal or a cause of serious health complications. Additionally, obesity is highly associated with one's body mass index, abbreviated as BMI.

This denotes the value obtained when a person's weight in kilograms is divided by the square of their height in meters (Burniat 3). According to medical experts, obesity occurs when the BMI exceeds 30kg/m^2 . While this is the case, people who have a BMI of between 25 and 29 are considered to be overweight. Obesity has a wide-range of negative effects, which may be a threat to the life of a person.

Laziness as the Main Cause of Obesity

The first effect of obesity is that it encourages laziness in the society. It is doubtless that obese people find it hard and strenuous to move from one point to the other because of accumulated fats. As a result, most of these people lead a sedentary lifestyle, which is usually characterized by minimal or no movement. In such scenarios, victims prefer being helped doing basic activities, including moving from one point to another.

Moreover, laziness makes one to be inactive and unproductive. For example, a student who is obese may find it hard to attend to his or her homework and class

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Real Essays with Readings with 2009 MLA Update Susan Anker, 2009-06-23 Click here to find out more about the 2009 MLA Updates and the 2010 APA Updates *Real Essays with Readings* is the essay level book in Susan Anker's highly successful series of writing texts that motivate students with their message that writing is an essential skill in college and in real life and that this skill is achievable Anker's advice examples and assignments show the relevance of writing to all aspects of students' lives and profiles of former students prove that success is attainable Like all the books in the Anker series *Real Essays* presents writing in logical manageable increments step by step writing guides and a focus on the four basics of each mode of writing keep students from becoming overwhelmed *Real Essays* maintains its emphasis on what really matters by focusing on the four most serious errors fragments run-ons subject-verb agreement problems and verb form problems *Real Essays* gives students what they need to succeed in college and become stronger academic writers **GENRE-BASED**

WRITING: THEORY AND PRACTICE Lutfi Ashar Mauludin, Celya Intan Kharisma Putri, 2025-05-19 Understanding and mastering genre-based writing is essential because each genre serves a unique purpose and audience Learning to navigate these different genres equips students with the tools they need to communicate effectively across various fields and contexts whether academic professional or personal Hence learning to write in different genres is crucial as each genre has its own conventions and expectations that help convey meaning effectively This book is designed to support students enrolled in the Genre Based Writing Theory and Practice course and any readers who are navigating similar difficulties in writing

English for College Learners , The Dolphin Writer - Crafting Essays , 2008 TheHoughton Mifflin College Writing Series is a three volume series focusing on writing from sentences to paragraphs to essays in an easy to understand format and at an affordable price Each volume of the College Writing Series presents students with comprehensive yet approachable coverage of the writing process from prewriting through peer evaluation revision and preparation of the final paper and each also includes a section of numerous level appropriate readings A focus on student success in all areas of reading writing and studying helps students organize manage and implement techniques including how to use a computer to assist in the writing process Book Three includes complete coverage of essay skills TheHoughton Mifflin College Writing Series features the same topics and content as other comparable textbooks but for a third of the price Step by step explanations of the writing process including many student models give students a clear understanding of how good writing actually works The text features a multitude of practice exercises including self tests that help students hone their writing skills Suggested answers appear in the back of the book Web Workboxes at the end of each chapter provide suggestions for Web sites with additional help exercises or suggestions for further exploration Chapter pedagogy including goals for each chapter and a chapter review self test supports students in anticipating learning and reviewing key concepts Book Three includes Focus on Research boxes to help students begin to think about how to find sources of information how to keep track

of their information and ultimately how to appropriately incorporate sources into their own writing Student Practice Test Booklet in Reading and Writing Leslie Knight, 2015-10-13 This test booklet has some unique qualities It allows the students to get an idea of the kinds of passages and the level of vocabulary used in questioning But the uniqueness does not end there The booklet also provides teachers and parents with the instruments that will improve the ability of the children to complete the state tests Know that teachers and parents can begin by allowing their fourth grade children to work on passages intended for third graders and move forward and vice versa Other grades can do the same Everyone has the opportunity to look at the passages and questions presented to the other grades Note carefully the approaches to the questions because there is a specific vocabulary used in the questions There is a wealth of writing exercises that require the students to think deeply Building stamina is very important Length of passages and level of difficulty are considered Each grade is presented with one mini test and three full length tests The parents and the teachers can actually simulate the real test and give themselves time to identify the childrens weaknesses and strengths Therefore they can work on these weaknesses and reinforce concepts at the same time At the end of every test there are additional questions designed to challenge the children and encourage the teachers and the parents to create their own questions from the passages There is a teachers edition that identifies the answers to all questions and the types of questions For example there may be questions that require the students to know main idea authors purpose compare and contrast and so on These are indicated in the teachers edition There are writing exercises for the students to do Useful hints relating to the kinds of responses are also presented in the teachers edition A suggested rubric is also included This book is inclusive of all including Special Needs Students who must write the same tests as other students and whose grades and progress impact the general performance of the school

English Essay Writing Handbook Emmanuel Tatah Mentan, 2019-01-23 There is no available information at this time Author will provide once available 2024-25 UPPSC Mains Descriptive Solved Papers General Hindi, Essay and General Studies YCT Expert Team, 2024 25 UPPSC Mains Descriptive Solved Papers General Hindi Essay and General Studies 352 695 E This book contains previous years solved papers from 2018 to 2023 The ESL / ELL Teacher's Survival Guide Larry Ferlazzo, Katie Hull Sypniewski, 2012-08-07 A much needed resource for teaching English to all learners The number of English language learners in U S schools is projected to grow to twenty five percent by 2025 Most teachers have English learners in their classrooms from kindergarten through college The ESL ELL Teacher s Survival Guide offers educators practical strategies for setting up an ESL friendly classroom motivating and interacting with students communicating with parents of English learners and navigating the challenges inherent in teaching ESL students Provides research based instructional techniques which have proven effective with English learners at all proficiency levels Offers thematic units complete with reproducible forms and worksheets sample lesson plans and sample student assignments The book s ESL lessons connect to core standards and technology applications This hands on resource will give all teachers at all levels the information they

need to be effective ESL instructors *Obesity Prevention* Laurette Dube, 2010-06-25 Over the years approaches to obesity prevention and treatment have gone from focusing on genetic and other biological factors to exploring a diversity of diets and individual behavior modification interventions anchored primarily in the power of the mind to the recent shift focusing on societal interventions to design temptation proof physical social and economic environments In spite of repeated calls to action including those of the World Health Organization WHO the pandemic continues to progress WHO recently projected that if the current lifestyle trend in young and adult populations around the world persist by 2012 in countries like the USA health care costs may amount to as much as 17.7% of the GDP Most importantly in large part due to the problems of obesity those children may be the first generation ever to have a shorter life expectancy than that of their parents *Obesity Prevention* presents the most current research and proposals for addressing the pandemic Past studies have focused primarily on either genetic or behavioral causes for obesity however today's research indicates that a strongly integrated program is the best prospect for success in overcoming obesity Furthermore focus on the role of society in establishing an affordable accessible and sustainable program for implementing these lifestyle changes is vital particularly for those in economically challenged situations who are ultimately at the highest risk for obesity Using studies from both neuroscience and behavioral science to present a comprehensive overview of the challenges and possible solutions The brain to society approach to obesity prevention focuses on what is needed in order to sustain a healthy pleasurable and affordable lifestyle Explores the brain to society approach to obesity prevention focusing on an integrative approach to addressing the obesity pandemic Presents both the neuroscientific and the behavioral factors that impact eating habits Identifies the challenges and suggests solutions for altering attitudes toward food on both an individual and a societal level **Simple Approaches to Writing Short Essays**

Peter Jia, 2006 This book is aimed at intermediate level ESL students It is a compilation of the author's teaching notes therefore it can serve as a textbook for ESL teachers The book is purposely written and organized in very simple clear and precise words and structures so that it can also serve as a self help studying material Each chapter of the book deals with one suggested approach in essay writing so that students can focus on their learning It is handy for ESL students to keep it as a reference book

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