

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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Table of Contents Obesity Essays Cause And Effects

1. Understanding the eBook Obesity Essays Cause And Effects
 - The Rise of Digital Reading Obesity Essays Cause And Effects
 - Advantages of eBooks Over Traditional Books
2. Identifying Obesity Essays Cause And Effects
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Obesity Essays Cause And Effects
 - User-Friendly Interface
4. Exploring eBook Recommendations from Obesity Essays Cause And Effects
 - Personalized Recommendations
 - Obesity Essays Cause And Effects User Reviews and Ratings
 - Obesity Essays Cause And Effects and Bestseller Lists
5. Accessing Obesity Essays Cause And Effects Free and Paid eBooks
 - Obesity Essays Cause And Effects Public Domain eBooks
 - Obesity Essays Cause And Effects eBook Subscription Services
 - Obesity Essays Cause And Effects Budget-Friendly Options

6. Navigating Obesity Essays Cause And Effects eBook Formats
 - ePub, PDF, MOBI, and More
 - Obesity Essays Cause And Effects Compatibility with Devices
 - Obesity Essays Cause And Effects Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Obesity Essays Cause And Effects
 - Highlighting and Note-Taking Obesity Essays Cause And Effects
 - Interactive Elements Obesity Essays Cause And Effects
8. Staying Engaged with Obesity Essays Cause And Effects
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Obesity Essays Cause And Effects
9. Balancing eBooks and Physical Books Obesity Essays Cause And Effects
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Obesity Essays Cause And Effects
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Obesity Essays Cause And Effects
 - Setting Reading Goals Obesity Essays Cause And Effects
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Obesity Essays Cause And Effects
 - Fact-Checking eBook Content of Obesity Essays Cause And Effects
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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