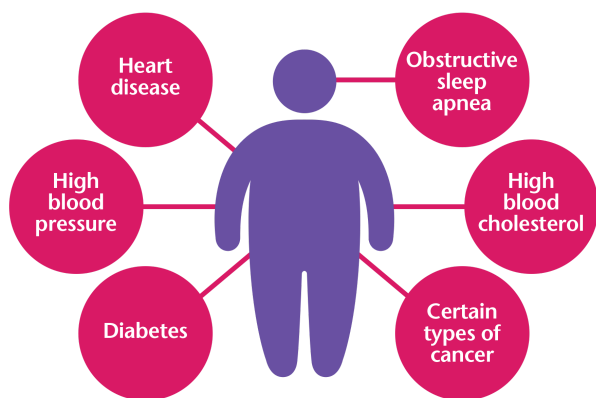


What Is Obesity?

Obesity is a disease involving an excessive amount of body fat. Which is a medical condition that can seriously affect people to even the point of death if not treated.

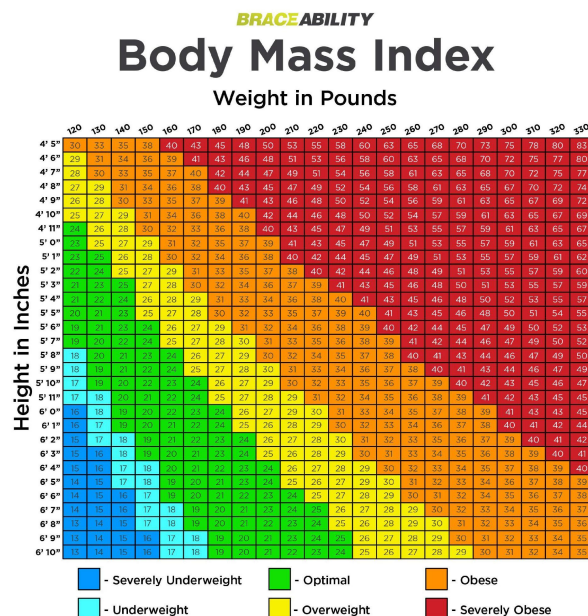
Health Effects Due To Obesity?

- Death
- High blood pressure
- Type 2 diabetes
- Cancer
- Gallbladder disease
- High LDL cholesterol
- Depression/Anxiety
- Respiratory Issues



What Weight Is Considered Obese?

If you want to know if your considered obese or see the weight to be obese, you can calculate your body with the chart below. As It shows the average weight for all heights and shows exactly what you should be.



If you're underweight or overweight please visit your doctor as these issues can put yourself or others in danger if not treated.

How Can I Lose The Weight Or Prevent It From Happening?

The best way to lose the weight is by controlling your eating habits and seeing how much calories you need in order to not overeat. This is especially important as if your child or family member is doing this, overtime it can cause huge issues medically and mentally for the person.

Here Is a List of ways to prevent the way/Lose the weight.

- Find how much calories you need to eat a day so you don't overeat
- Stop eating junk food and favored foods involving sugary drinks/foods
- Be more active and exercise
- Eat healthy things such as fruits instead of chips or such things

Eating and maintaining a stable diet is a key balance to losing and preventing to become obese. If there is more information on losing weight visit this link to find out more.

https://www.cdc.gov/healthyweight/losing_weight/index.html

Help spread the message to better help yourself and your family members.

