

CHILDHOOD OBESITY AND SIMPLE BUT DISCRETE CAUSE (1)

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By- Vidisha Maru Obesity and random disorder can be seen in every age group whether infant, child, teenager, youth, adult, senior citizens.

Obesity is an involvement of excessive body fat that increases the risk of health problems. The general and leading cause for obesity is inappropriate diet, and the excess layer of fat caused due to carbohydrate-carrying food content.

Talking about childhood obesity, this is caused when a child is significantly overweight for his or her age and height. Symptoms may be overweight, abnormal obesity and accumulation of excessive fat in body.

High amount of cholesterol in blood, leading to strokes and increased heart disease risk, is another eye opening side effect of obesity. A healthy body leads to a healthy mind, which leads to happy life. One can have a proper diet chart to fight obesity. A healthy diet involves equal amount of protein, vitamins, minerals, carbohydrates, and fats. The main cause of excessive obesity in children is eating too much and moving too little. If we consume high amount of fats and carbohydrates, but do not burn off the energy through exercise and physical activity, much of the surplus energy will be stored by the body as fats. Obesity leads to bulky and chubby body which is full of laziness, and craves for junk and high carbohydrates content at frequent intervals.

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