Overweight And Obesity: Causes, Fallacies, Treatment

Brent Q Hafen

Obesity. (Overweight, Unhealthy Weight). About this Condition. The Facts. Causes. Symptoms and Complications. Making the Diagnosis. Treatment and Prevention. Causes. Obesity occurs when your body consumes more calories than it burns. In the past, many people thought that obesity was simply caused by overeating and under-exercising, resulting from a lack of will power and self-control. Although these are significant contributing factors, doctors recognize that obesity is a complex medical problem that involves genetic, environmental, behavioural, and social factors. All these factors play a role in determining a person's weight. Recent research shows that in some cases, certain genetic factors may cause the changes in appetite and fat metabolism. Obesity and overweight bring depression in life and affects one's performance as well. For a hale and hearty body, you must achieve the balance of energy. It is not just your Pizza or Coke that is welcoming the extra kilos. You need to understand the causes of obesity and overweight comprehensively. The various causes of obesity and overweight have been mentioned below. Inclination Towards Inactiveness The modern lifestyle is a bane rather than a boon. The more comfort you buy to make your life easy, the more you crawl towards diseases. Be it the long corporate hours or constant television watching sitting at the same place for a long while; all the activities that restrict your activeness are the reason for you obesity.