

## Exemplification Essay on the Causes of Obesity

Obesity is when our bodies store more than the acceptable amounts of fats that might have a powerful effect on our health. Moreover, People become obese for many different reasons. Besides, the most trending habits that cause obesity are indiscretion nutrition and sedentary lifestyle, not having enough portion of sleep. In fact the longer a person is overweight, the harder it becomes for them to lose weight. The most common question between researchers is whether obesity itself becomes a permanent state?

Moreover, researchers from the University of Michigan and the National Council of Science and Technology (COINCET) in Argentina approved in the Journal of Clinical Investigation that in animal experiments, obesity seems to become a self-perpetuating state. They find that the “normal” bodyweight of mice that become obese starts going up; their bodies’ perception of normal weight becomes a heavier than before, regardless of whether they are made to go on diets which had made them lose weight. [1] Firstly nutrition and poor eating habit can cause obesity and further consequences. For that, parents should be aware of their children. They must make the Fast-food restaurant case cut off from their homes. As we see these days, food can come to throw your doors with a phone call. For that, it easy for children approach. For instance, the consuming of calories increased from 1,542 per day for women in 1971 to 1,877 per day in 2004.

The numbers for men were 2,450 in 1971 and 2,618 in 2004. All the researchers were expecting the increases of the fat and calories rates. However, those factors will remain to increase with the increase of the consumer number. Although, Increased consumption of sweetened drinks has contributed significantly to the raised carbohydrate intake of most young American adults over the last three decades. Also, the fast-foods case has tripled over the same period. [2] A sedentary lifestyle is spending time parked in the same position as if he was a car. Although, a bunch of people starts to spend the weekends that way as it was a trend or something. Moreover, we must be aware of the effect of this lifestyle on our health. Furthermore, the etiology of overweight is multifactorial, but it depends on the long-term balance between energy intake and expenditure. This review will examine the effects on body weight and the risk of obesity of sedentary lifestyles, within the context of dietary habits. [3] Finally, there are additional causes that reopen the obesity case. For example, not having enough portion of sleep.

Furthermore, Professor Francesco Cappuccio and team reviewed evidence in over 28,000 children and 15,000 adults. Sooner, their evidence clearly showed that sleep deprivation significantly increased obesity risk in both groups. Professor Cappuccio stated that: “The ‘epidemic’ of fat is paralleled by a ‘silent epidemic’ of reduced sleep period with forty winks period related to an augmented risk of fat each in adults and in kids. These trends area unit detectable in adults likewise as in kids as young as five years.” [4] As what we have been through, obesity is a serious problem.

Furthermore, it can cause many diseases, such as heart disease, diabetes, stress, have movement and others. According to that and while we know some of the causes factors that leads to obesity, moreover, poor eating habits, sedentary lifestyle, unwell sleeping. We can prove ourselves and build a healthier life by visiting professional people that could help us to reach the balance and enjoy our healthy fit bodies.