



Introduction to Physiology

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Open your eyes to what is better for you and your future

Be wise and save yourself

Exercise as much as possible

See the difference for yourself

Identify the better you

Test your abilities

Your health matters more

Obesity = an individual who is overweight and has excess body fat (Obesity, 2020)

Prevent Obesity By

Eating healthy as much as possible

Daily exercise of 10 min at least (Obesity - Treatment, 2020)

Take walks instead of rides

Avoid fast food

Treatments Available for you

Tailored made care plans from your GP

NHS wight loss plan available online (Start the NHS weight loss plan, 2020)

Private one2one diet plans (The 1:1 Diet - Home, 2020)

PREVENTION



CONSEQUENCE



Reference: nhs.uk. 2020. *Obesity*. [online] Available at: <<https://www.nhs.uk/conditions/obesity/>> [Accessed 9 November 2020].
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nhs.uk. 2020. *Start the NHS Weight Loss Plan*. [online] Available at: <<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>> [Accessed 9 November 2020].
The Cambridge Weight Plan. 2020. *The 1:1 Diet - Home*. [online] Available at: <<https://www.one2onediet.com/>> [Accessed 9 November 2020].