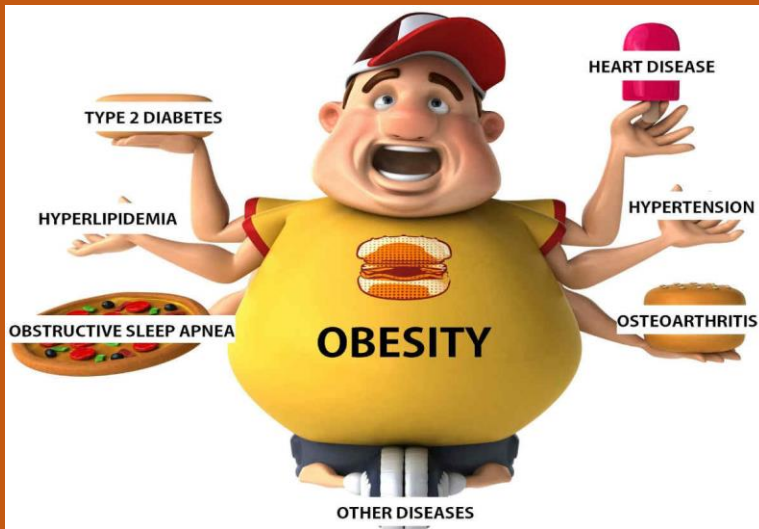


OBESITY

Obesity is a complex disorder which involves the accumulation of excessive amount of body fat and often possess serious risk to the health and wellbeing of the individuals (WHO, 2020).



Source: Progressivecare.in, 2020

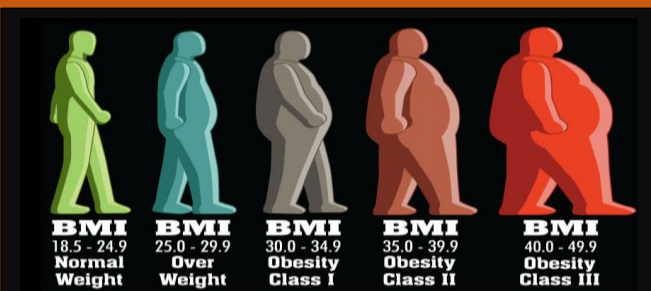
TIPS TO PREVENT OBESITY AND MAINTAIN HEALTHY WEIGHT

- ✓ Eat a healthy diet,
- ✓ Drink plenty of water,
- ✓ Exercise regularly,
- ✓ Cut down the portion size,
- ✓ Get adequate sleep,
- ✓ Avoid smoking,
- ✓ Avoid fasting or feasting,
- ✓ Cut down on alcohol intake,
- ✓ Reduce stress.

HEALTHY VS UNHEALTHY FOOD CHOICES

✓	X
Fruits,	Sugars,
Vegetables,	Fried foods,
Lean meat,	Sweetened beverages,
Beans,	Cheese,
Salads,	Alcohol,
Eggs and fish.	Fat meat cuts.

Source: Doctor Raman Mehrzad MD, 2020



BMI or Body mass index is a formula use to assess a person body weight.

To obtain, use a BMI calculator to enter your height and weight.

Source: nhs.uk, 2020

References

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