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BECOME SLIMMER FAT & LAZY EDITION



Introduction



"How much obesity has to be created in a single decade for people to realize that diet has to be responsible for it?"

Robert Atkins



Everybody wants to be healthy. Who doesn't want a healthy, fit body? It allows you to do the things you love without limitations. It allows you to eat the food that you want without feeling guilty about it. Most importantly, a healthy, fit body allows you to enjoy life to the fullest.

But even though doctors, health experts, and fitness fans are running campaigns against obesity, it is still a touchy subject in America. In fact, according to the latest data gathered by the NHANES, over 70 million Americans are obese. This data is quite alarming as it continues to increase over the years.

When you are obese, it is difficult to engage yourself in recreational activities. The number of things you can do is limited. Not only that, but you are also at great risk of chronic diseases. According to a study, obesity is also linked with depression—your self-esteem drops. DOLLING UP is no longer an option when half the clothes in the shopping mall's racks do not fit you.

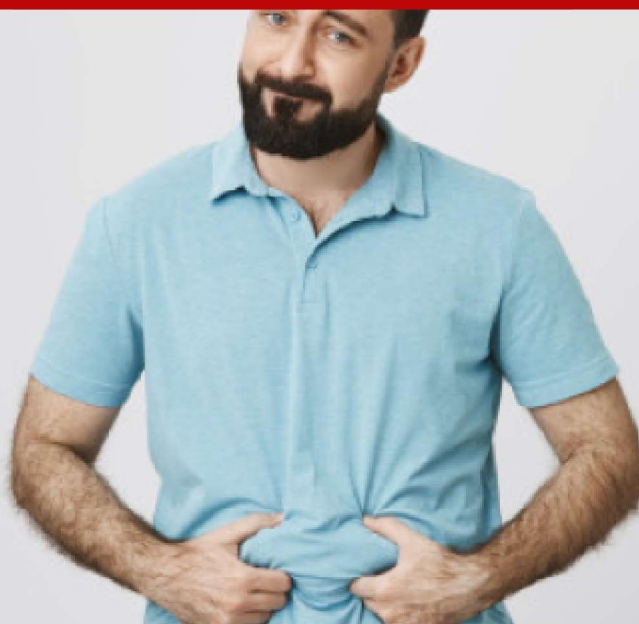


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Chapter 1

Symptoms and Causes of Obesity



"To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party."

Adelle Davis

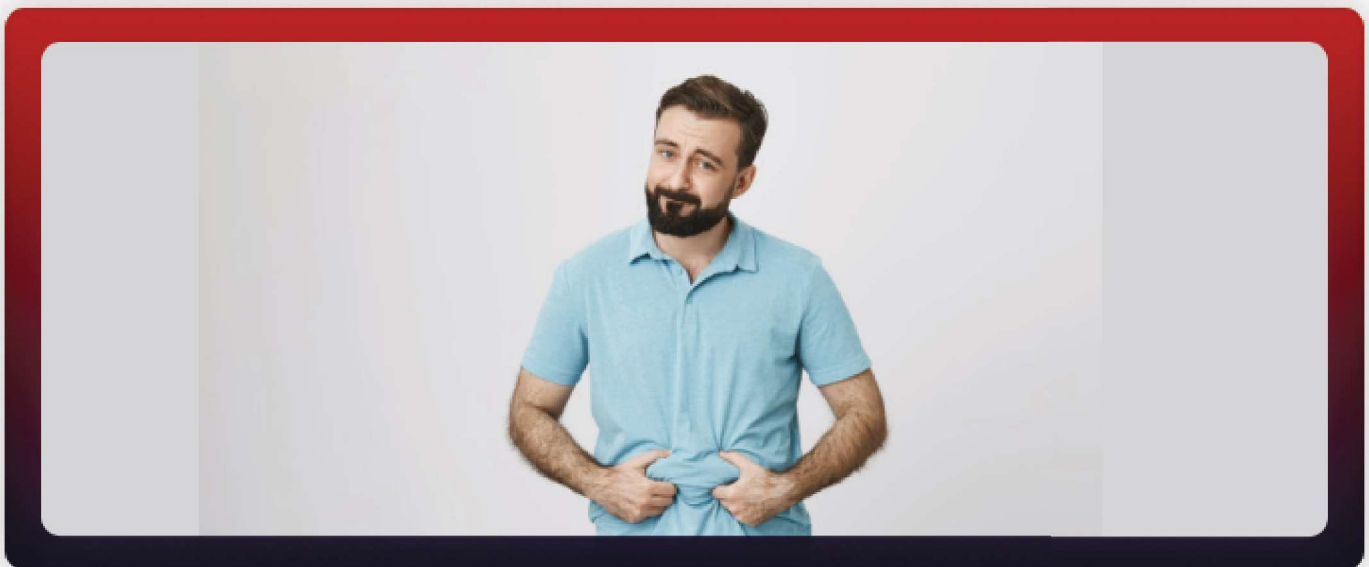
Before we get started, let's define obesity and pin down its symptoms first. An in-depth understanding of obesity helps you combat it more effectively. Technically, obesity is defined as having excess body fat. If you are an adult aged 35 years old or older with a BMI that is greater than 30, then you are obese.

Besides having horrifying flaps in your body, obesity can also lead to other chronic diseases, including diabetes, cardiovascular diseases, high blood pressure, gallstones, and many more. Unfortunately, obesity can also heighten the risks of cancer.

Some obese people tend to lose weight fast, only to regain it within five years. Why? Because they tend to opt for the short-term fix. While it can be motivating to get results, obesity can't be treated with a band-aid solution. It requires long-term treatment and commitment to a healthier lifestyle, which you are going to learn about in the following chapters.

For now, let's pin down the causes and symptoms of obesity.

5 Most Common Causes of Obesity



Your weight depends on how many calories you eat and how much energy you use. Look at the common causes of obesity to determine if you are experiencing any of them.