

OBESITY AND WHY PHYSICAL ACTIVITY ISN'T ENOUGH





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Obesity is a growing problem in this world where we do most things with computers. A common solution is to become more physically active. But some may find it difficult to lose weight even if they want to.

Obesity is a chronic disease that can be life-threatening if left alone. Nowadays, it is considered a public health issue. It's not all about physical fitness anymore. A balanced diet, some lifestyle changes, and a good support system can help you achieve better overall health.

ACTIVITY SHEET

The Health Quest 365 Activity On Obesity

Do you, or someone you know, suffer from obesity?
How does it affect your life?

Have you tried some methods to prevent or combat
obesity? What are they, did they work, and how did
they affect you?

The article mentioned a few methods you can try in addition to physical activity. Is there something on the list that you haven't tried yet and would want to try? What is it, and how do you think can it help you?

Vision and goals can help motivate you through the challenging task of combatting obesity. Why do you want to make this change for yourself?

Using what you know and what you've read in the article, envision a plan to start combatting obesity. Consider your current condition, time, resources, and other important factors. After all, it's crucial to make a plan you can commit to.

A large, empty rectangular box with a thick black border, intended for the user to write their plan to combat obesity. The box is centered on the page and occupies most of the lower half of the document.



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