

Obesity - eat great, move a bit and loose weight!

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Aim: Obesity is the big issues with developing world and post covid so in this article we work on Sugharsize Diet to rehab with eat great, move a bit and loose weight!

Background: Since generations obesity is a big problem and has been a focus of our life! Being overweight is really common nowadays! But what is obesity and overweight and how are they different? Our nation is plagued with obesity and a host of digestive problem! There are likely so many remedies for obesity i.e. hurt burn, indigestion, gas, belching and bloating! Abundance of research available on these health issues! Basic idea behind writing this article is we alleviating our national health issues i.e. obesity and intestinal difficulty? The answer is absolutely no! Most of us are getting fatter and develop health issues! And we spend loss of money hoping that things will improve!

Methods: Solution to obesity lies in what we eat, how we should move! So is above article include a weekly diet and exercise plan to beat out obesity! Three rules of before starting anything:

1. Motivation is primary tool!
2. Know your ideal body weight!
3. Work on water retention!

4. Move your body!

Change your lifestyle:

1. Avoid crash diet!
2. Start food packets whole day!
3. Split size food!
4. Separate food items!
5. Eliminate the funky foods!

Conclusion: With these principles of food combing easy to follow and utilize when eating out or social gathering at home! After all eating great and lose weight is good combo we had like to experience! One can loose weight immediately weight and get ideal body weight by correcting diet, half hour physical routine and getting out of sedentary lifestyle! But when you are obese it takes more time, effort, dedication and discipline to get into shape!

Keywords: OI- over indulged, obesity, GI- Gastrointestinal, POC- plan of care, BMI- Body mass index, w- weight in kg, H- Heights!

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