

# Reduce the risk of **LIFE** with size of **“OBESITY”**



A Guide to Understand & Manage Obesity By  
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# What is Obesity ?

“Obesity” is a condition that is associated with having an excess of body fat. People who are medically obese usually are affected by behavior, genetical and environmental factors that are difficult to control when dieting.

“Obesity is a contributing cause of many health problem and certain diseases”



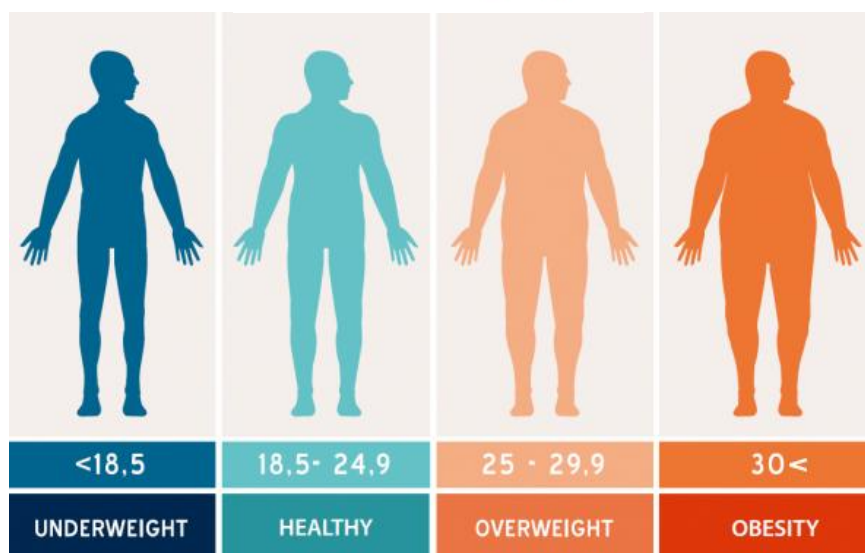
## Am I Obese? How can I measure ?

Obesity is a serious health epidemic which is measured by various means, but the most common tools used to measure obesity are Body Mass Index (BMI) and Waist Circumference.

**Body Mass Index (BMI)** - BMI is a statistical measurement which is calculated by dividing a person's weight in kilograms by his or her height in meters squared. An adult with a BMI of 30 or greater is considered Obese.

Knowing your BMI is a good starting point in addressing your weight. The common classification apply to both men and women's.

$$BMI = \frac{Weight(Kgm)}{Ht^2(m^2)}$$



Obesity is further divided into three separate classes, with Class III obesity being the most extreme of the three

Classification	BMI
Class I Obesity	30-34.9
Class II Obesity	35-39.9
Class III Obesity	$\geq 40$

*Body Mass Index (BMI) = kg weight per m<sup>2</sup> of height*

## Waist Circumference

To find your waist circumference, wrap a tape measure around the area above your hip bone and below your rib cage. For females, a waist circumference of 35 inches or greater is considered unhealthy. For men, a waist circumference of 40 inches or greater is considered unhealthy and obese.

## What are the causes of obesity ?

Our daily bodies activities need energy come from food we eat, and more exercise and activities burn more calories that we get from food. And not just the activities need to burn calories, also many metabolic reactions in the body need the energy from food, such as to warm up in cold weather and to sweat in the hot days. But when our food calories amounts exceed the body need, they will be stored in the body as fat.

## What are the health risks associated with Obesity ?

There are more than 40 medical conditions that are associated with obesity. Individuals who are obese are at risk of developing one or more of these serious medical conditions.





## Why do people get obese ?

There's usually not just one cause of obesity . Multiple factors may interact and contribute to the obese condition.

### Diets :

Some bad eating habits like high calories diets epically in the night, or skipping a healthy breakfast, and replace it by junk fast food, all of that increase the body fat



### Lack of sleep :

This cause disturbances in the body hormones, and increase the appetite. you also may crave to height calories food.

### Drugs :

Some medications lead the body to gain more weight, these drugs include, diabetes medications, steroids and beta blockers, anti-seizure medications, antipsychotic medications and antidepressants drugs.



## Medical conditions:

Some diseases and syndromes lead the body to store more fat and gain weight like Cushing syndrome. some disease low the metabolic rate in the body and low the amount of burned calories every day such as the hypothyroidism. And some diseases lead the patient to low his activity, for eg. Arthritis

## Genetics:

Genes affect the amount of body fat we store and where to store.

## Family lifestyle:

Not because of the genes we find the obesity runs in the families, it also because of their life style, culture and the food they eat.

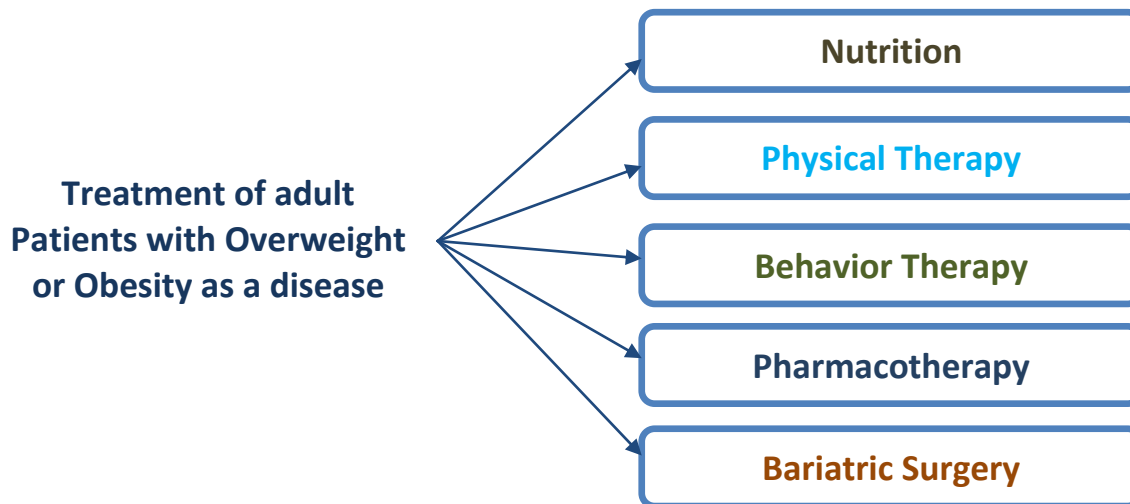
## Age:

Obesity could occur at any age, but when we get age we lose more amount of muscles built. more amount of muscles give higher rate of metabolism and calories burning. When we lose them we reduce the calories burning and tend to fill the body with fat.



## Treatment :

The goal of obesity treatment is to reach and stay at a healthy weight. The increasing prevalence of overweight and obesity highlight the need for improved intervention strategies to counteract significant public health problem. Following are some strategies which are commonly used.



**WHAT MOST OF US NEED IS A "WILLPOWER" PILL.**

## Dietary Modification

Many of us have tried a variety of diets and have been caught in a cycle of weight gain and loss . A diet should greatly restrict your calorie intake, but maintain your nutrition.

Calorie-restrictive diets fall into two basic categories.

- **Low calorie diets (LCDs)** are individually planned to include 500 to 1,000 calories a day less than you burn.
- **Very low calorie diets (VLCDs)** typically limit intake to only 400 to 800 calories a day and feature high-protein, low-fat liquids.

**Eat healthy:** low calorie and fibers rich food such as fruits, vegetables are good food to have every day, but saturated fats and sweets and alcohol are extremely bad , they increase your body weight, and threaten your health.

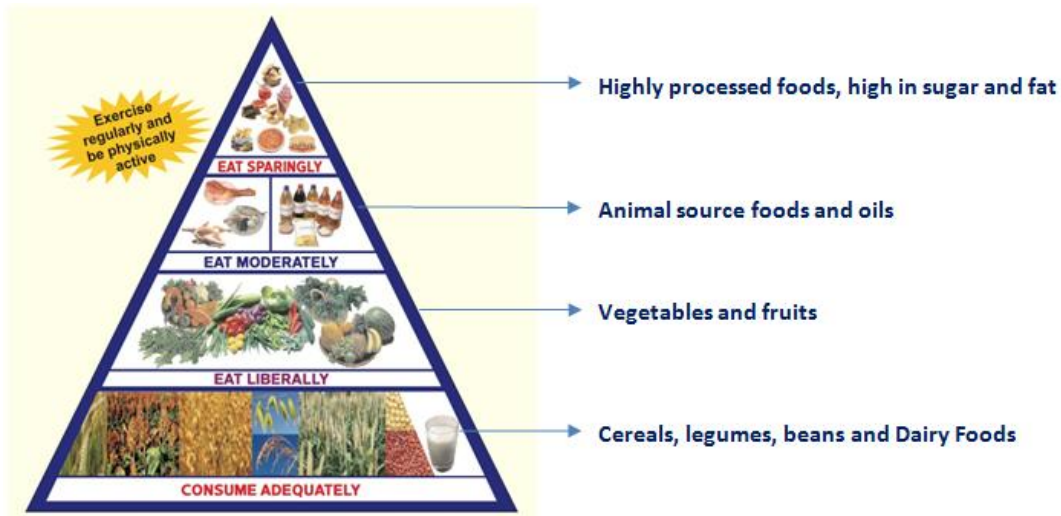


## Food Pyramid

Food Pyramid is a visual tool that is used as a guide in designing a healthy diet. It is developed as a guide to provide a framework for the types and amounts of food that can be eaten in combination to provide a healthy diet The Indian adaptation of the Food Pyramid is divided into four levels of foods according to recommended consumption.

- 1.Cereals ,legumes/beans, dairy products at the base should be eaten in sufficient quantity;
- 2.Vegetables and fruits on the second level should be eaten liberally;
- 3.Animal source foods and oils on the third level are to be eaten moderately; and
- 4.At the apex, highly processed foods that are high in sugar and fat are to be eaten sparingly.

One peculiarity of the Indian adaptation of the Food Pyramid is the recommendation to do regular physical activity. The Pyramid provides information on the food types and amounts necessary to meet daily dietary requirements. Each food group is represented by a band or level. Narrow bands at the apex indicate lower quantities, while wider bands at the base mean that more from that food group need to be consumed. Most importantly, include plenty of water each day as it's the most important nutrient of all, accounting for 70% of our body weight and also helping in the upkeep of our health. Eating a variety of foods daily as guided by the Food Pyramid should provide all the nutrients needed by the body.



## Behavior Modification

The goal of behaviour modification therapy is to change your eating and exercise habits to promote weight loss.

- Setting realistic weight loss goals — short term and long term.
- Recording your diet and exercise patterns in a diary.
- Identifying high-risk situations and avoiding them.
- Rewarding specific actions, such as exercising for a longer time or eating less of a certain type of food.
- Adopting realistic beliefs about weight loss and body image.
- Developing a support network, including family, friends and co-workers, or joining a support group that can help you focus on your goal.



## Exercise

The prevention is always better than the treatment, and if you feel currently overweight or your body mass index exceed 30, you need to start your prevention program.

Exercise greatly increases your chance of long-term weight loss. It is a key component for any long-term weight management program, particularly weight-loss surgery.

Research shows that when you reduce the number of calories you consume, your body reacts by slowing your metabolism to burn fewer calories, rather than promote weight loss. Daily physical activity can help speed up your metabolism, effectively reducing the "set point" — a sort of thermostat in the brain that makes you resistant to either weight gain or loss — to a lower natural weight.

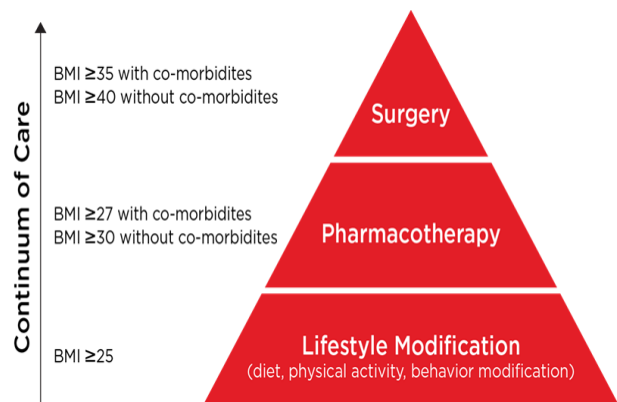
## Medications

A variety of over-the-counter and prescription weight loss drugs are available. Some people find these drugs help curb their appetites. Studies show that patients on drug therapy lose around 10 percent of their excess weight, and that the weight loss plateaus after six to eight months.

## Surgery

Many people ,who are morbidly obese and who have been unsuccessful in losing and keeping off the weight, opt for bariatric or weight-loss surgery.

Bariatric surgery, which involves sealing off most of the stomach to reduce the quantity of food you can consume, can be an effective means for morbidly obese people to lose weight and maintain that weight loss.



## The Scary Reality Is.....

One in five children and adolescents are either overweight or obese. From 1985 to 1995 the number of overweight 7–15 year olds almost doubled. The numbers of obese children has more than tripled. About 80 per cent of obese adolescents will become obese adults. Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height.



## High protein diet and Obesity:

- Going on a high-protein diet may help you tame your hunger, which could help you lose weight.
- You can try it by adding some extra protein to your meals. Give yourself a week, boosting protein gradually.
- Remember, calories still count. You'll want to make good choices when you pick your protein.
- If you plan to add a lot of protein to your diet, or if you have liver or kidney disease check with your doctor first.

## How Much Protein?

Women need at least 50 grams of protein a day -- men about 60 grams per day. With a high-protein diet, it can be much more than that. This extra protein can come from beans, meat, nuts, grains, eggs, seafood, cheese or vegetarian sources like soy. These diets often restrict carbs like cereals, grains, fruits, and possibly vegetables.

## How Do High-Protein Diets Work?

When you cut out carbohydrates, you lose weight quickly because you lose water. Then, with no extra carbs, the body begins burning more fat for fuel. This can lead to ketosis, which may make losing weight easier because you feel less hungry. Ketosis may cause temporary headaches, irritability, and nausea but appears to be safe long-term.

## Starting a High-Protein Diet

Be choosy. The best high-protein plans focus on lean proteins and include some carbs. Avoid huge helpings of fatty meats and make sure to include vegetables. Ask your doctor, or a dietitian, to help you pick the right diet. Choose protein sources that are nutrient-rich and lower in saturated fat and calories, such as:

- Lean meats
- Seafood
- Beans
- Soy
- Low-fat dairy
- Eggs

## Eggs for Low-Cost Protein

Eggs are a good source of lean protein. But even though there is cholesterol in the yolk, experts say the cholesterol you eat does not raise levels in your blood. Saturated fats and trans fats are more likely to raise.



## Try Soya

Protein doesn't come only from animals. Tofu, soy burgers, and other soy-based foods are plant-based sources of protein. Bonus: Eating 25 grams of soy protein daily may help lower cholesterol.

## Eat More Beans

A cup and a half of beans has about as much protein as 3 ounces of broiled steak. Along with protein, the fiber in beans helps you feel full longer and also helps lower your LDL ("bad") cholesterol.



## Low-Fat Dairy Adds Calcium

Milk, cheese, and yogurt give you protein and calcium for strong bones and a healthy heart. Low-fat, nonfat, or reduced-fat dairy products can help you keep calorie counts down.

## Go Whole Grains, Go Fiber

Most high-protein diets limit grains, so make sure the grains you do eat are pulling their weight. Favor whole grains. You'll get fiber and nutrients. If you're buying products made with whole grains, check the labels to make sure they're not high in sugar or fat.





## Leave Room for Fruits and Veggies

Most low-carb diets still include some vegetables but often limit fruit. There's no known harm to cutting out fruit temporarily to keep your carb count down. However, for your long-term health chooses a plan that includes fruit after you reach your weight goal.

It's a good idea to change up your protein foods. For instance, you could have salmon or other fish that's rich in omega-3s, beans or lentils that give you fiber as well as protein, walnuts on your salad, or almonds on your oatmeal.

How much protein are you getting? Here's how many grams of protein are in these foods:

1/2 cup low-fat cottage cheese: 10-14g

3 ounces tofu, firm: 7-13g

1/2 cup cooked lentils: 9g

2 tablespoons natural-style peanut butter or almond butter: 6-8g

3 oz skinless chicken breast: 25g

3 oz fish fillet (depending on type of fish): 17-20g

1 ounce cheese: 7g.

## Do you need to go to the doctor?

Yes, you must go to the doctor asking for help. It's important to talk to your doctor honestly about yourself, your health, your diets and your life style, because that is very helpful to improve your health.

Some healthcare providers specialize in treating patients who are obese or overweight. These healthcare providers are called bariatric healthcare providers or bariatricians. Some of these healthcare providers may also be bariatric surgeons. Bariatric surgeons are trained to do surgery that aids in weight loss.

A bariatric healthcare provider uses a broad treatment plan. He or she will tailor your plan to meet your needs. Your plan will include aspects such as nutrition, exercise, behavior changes, and medicines. He or she may advise weight loss surgery. A bariatric treatment plan is done to treat obesity, and also the health conditions linked to obesity.

## Weight-loss medications

Prescription medications to treat overweight and obesity work in different ways. For example, some medications may help you feel less hungry or full sooner. Other medications may make it harder for your body to absorb fat from the foods you eat.

## Who might benefit from weight-loss medications?

Weight-loss medications are meant to help people who may have health problems related to overweight or obesity. Before prescribing a weight-loss medication, your doctor also will consider

- the likely benefits of weight loss
- the medication's possible side effects
- your current health issues and other medications
- your family's medical history
- cost

Health care professionals often use BMI to help decide who might benefit from weight-loss medications. Your doctor may prescribe a medication to treat your overweight or obesity if you are an adult with

- BMI of 30 or more or
- BMI of 27 or more and you have weight-related health problems, such as high blood pressure or type 2 diabetes.

Weight-loss medications aren't for everyone with a high BMI. Some people who are **overweight** obese may lose weight with a lifestyle program that helps them change their behaviors and improve their eating and physical activity habits. A lifestyle program may also address other factors that affect weight gain, such as eating triggers and not getting enough sleep.

## Can children or teenagers take weight-loss medications?

The U.S. Food and Drug Administration (FDA) has approved most weight-loss medications only for adults. The prescription medication orlistat (Xenical) is FDA-approved for children ages 12 and older.

## Can medications replace physical activity and healthy eating habits as a way to lose weight?

Medications don't replace physical activity or healthy eating habits as a way to lose weight. Studies show that weight-loss medications work best when combined with a lifestyle program. Ask your doctor or other health care professional about lifestyle treatment programs for weight management that will work for you.



**Weight-loss medications don't replace physical activity and healthy eating habits.**



## What are the benefits of using prescription medications to lose weight?

When combined with changes to behavior, including eating and physical activity habits, prescription medications may help some people lose weight. On average, people who take prescription medications as part of a lifestyle program lose between 3 and 9 percent more of their starting body weight than people in a lifestyle program who do not take medication. Research shows that some people taking prescription weight-loss medications lose 10 percent or more of their starting weight.<sup>1</sup> Results vary by medication and by person.

Weight loss of 5 to 10 percent of your starting body weight may help improve your health by lowering blood sugar, blood pressure and triglycerides. Losing weight also can improve some other health problems related to overweight and obesity, such as joint pain or sleep apnea. Most weight loss takes place within the first 6 months of starting the medication.



## What are the concerns with using prescription medications to lose weight?

Experts are concerned that, in some cases, the side effects of prescription medications to treat overweight and obesity may outweigh the benefits. For this reason, you should never take a weight-loss medication only to improve the way you look. In the past, some weight-loss medications were linked to serious health problems. For example, the FDA recalled fenfluramine and dexfenfluramine (part of the “fen-phen” combination) in 1997 because of concerns related to heart valve problems.

Possible side effects vary by medication and how it acts on your body. Most side effects are mild and most often improve if you continue to take the medication. Rarely, serious side effects can occur.

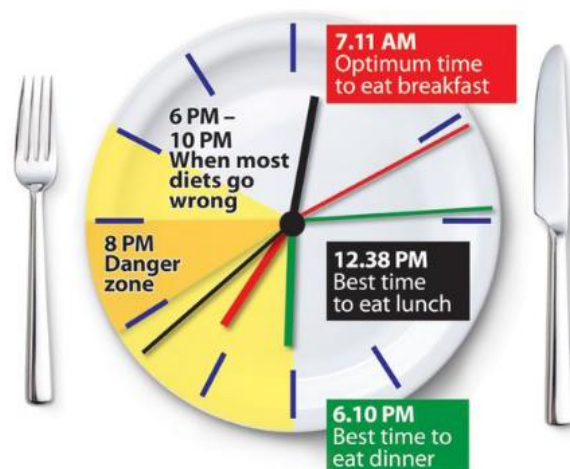
## Tips for Taking Weight-loss Medication

- Follow your doctor's instructions about weight-loss medications.
- Buy your medication from a pharmacy or web distributor approved by your doctor.
- Take weight-loss medication to support your healthy eating and physical activity program.
- Know the side effects and warnings for taking any medication.
- Ask your doctor if you should stop taking your medication if you are not losing weight after 12 weeks.
- Discuss other medications, including supplements and vitamins, you are taking with your doctor when considering weight-loss medications.
- Avoid taking weight-loss medications during pregnancy or if you are planning a pregnancy.

## Which weight-loss medication might work ?

Choosing a medication to treat overweight or obesity is a decision between you and your doctor. Important factors to consider include

- the likely benefits of weight loss
- the medication's possible side effects
- your current health issues and other medic
- your family's medical history
- cost



## What are fat binders?

Fat binders, also known as fat blockers are a type of weight loss supplement that help decrease the amount of fat intake by binding with the dietary fat present in food. A fat binder can be in tablet form, food or a drink.

The difference between a fat binder and a fat burner is that a fat binder prevents fat from being absorbed in the body in the first place. A fat burner burns off fat that has already been absorbed in the body; this means it won't be as effective as it is a lot harder to burn off fat that is already absorbed in the body.

Fat makes up a significant amount of the daily intended intake of calories however fat binders are capable of binding around a quarter of the amount of fat people consume in their diet. By reducing the intake of fat each day, a fat binder can then help reduce someone's weight over time as it will prevent saturated fats in the body from being absorbed by the gut within the digestive system.



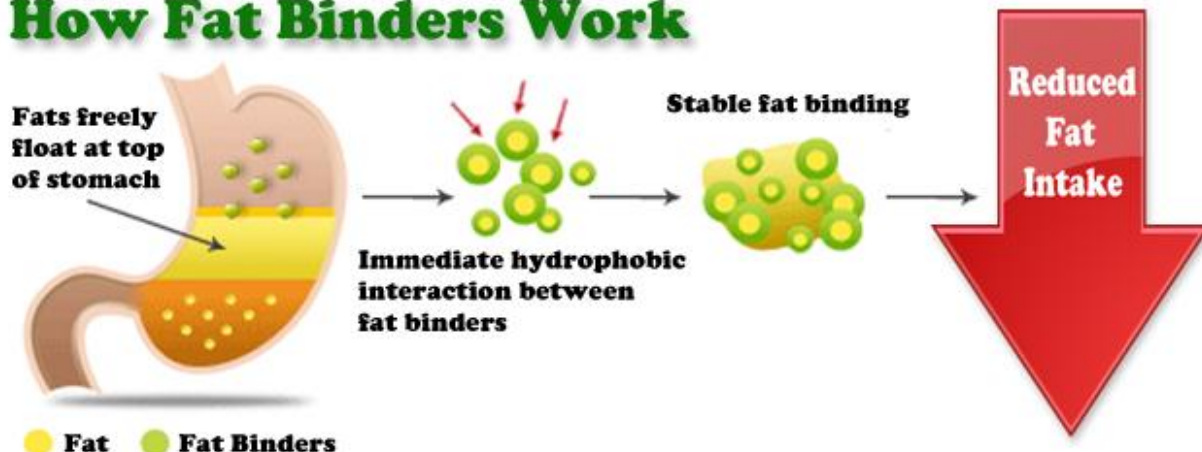
## How do they work?

Fat binders should be taken before every meal as they are effective as soon as someone has eaten and work to their full effect straight after food. As soon as someone consumes food, the fat binders will instantly act on the fat molecules within the food. Once someone has eaten a meal, the food enters their stomach and starts to be broken down and then dietary fat is released. Once the fat binder is taken, it enters the stomach and binds the fat, this forms fat fibre complexes..

The food then leaves the stomach to the small intestines however some of the fat fibre complexes are too large to be absorbed by the small intestines.

This results in the unabsorbed fats leaving the body naturally through urine, which gets rid of some of the fats before they have been absorbed by the body. Fats contain the most calories per grams compared to other food groups such as carbohydrates and proteins. Fat are also very popular in most meals consumed and can be concentrated in fast food and junk food therefore giving them more calories. Consequently by taking a fat binding supplement it could be an effective weight loss method to limit the intake of fat.

## How Fat Binders Work



## Prescription Medications Approved for Overweight and Obesity Treatment

Weight-loss medication	Approved for	How it works
Orlistat (Xenical) Available in lower dose without prescription (Alli)	Adults and children ages 12 and older	Works in your gut to reduce the amount of fat your body absorbs from the food you eat
Naltrexone-bupropion (Contrave) Lorcaserin (Belviq)	Adults	Acts on the serotonin receptors in your brain. May help you feel full after eating smaller amounts of food.
Phentermine-topiramate (Qsymia)	Adults	A mix of two medications: phentermine, which lessens your appetite, and topiramate, which is used to treat seizures or migraine headaches. May make you less hungry or feel full sooner.
	Adults	A mix of two medications: naltrexone, which is used to treat alcohol and drug dependence, and bupropion, which is used to treat depression or help people quit smoking. May make you feel less hungry or full sooner.
Liraglutide (Saxenda) Available by injection only	Adults	May make you feel less hungry or full sooner. At a lower dose under a different name, Victoza, FDA-approved to treat type 2 diabetes.
Other medications that curb your desire to eat include <ul style="list-style-type: none"> <li>• Phentermine</li> <li>• Benzphetamine</li> <li>• Diethylpropion</li> <li>• Phendimetrazine</li> </ul>	Adults	Increase chemicals in your brain to make you feel you are not hungry or that you are full.  <b>Note:</b> FDA-approved only for short-term use—up to 12 weeks





## Why Ayurveda

*The aim of every healing system is to provide relief and cure from diseases, but not all systems of healing is targeted at prevention of diseases and to provide overall well-being.*

Each system has its own approach and limitations. Yet Ayurveda, with its holistic approach and natural methods aims at prevention and management, and helps in getting rid of disease from its roots. Wherever possible, it works towards providing a permanent cure.

Though it's a more than 5,000-year-old healing science, Ayurveda is extremely logical and clear in its approach. This ancient science underlines the need to live in tune with nature and aims to boost the body's immunity, thus aiding in preventing and fighting against all types of diseases. Ayurveda treatment involves a coordinated effort between the doctor and the patient for the prevention, management and healing of diseases.



### Why should you go for Ayurvedic treatment?

Ayurveda is witnessing a great revival worldwide with thousands of people looking for a holistic, sustainable, safe and effective form of treatment. India, being the birthplace of Ayurveda, has a lot to offer to the world in the treatment of various types of disease - even those labelled incurable by modern science. There are several advantages of going for Ayurvedic treatment, some of them are explained below.

1. Works at the root cause
2. Safe and natural
3. Unique treatment
4. Works on all levels
5. Helps to maintain a healthy diet and lifestyle



## Ayurvedic Obesity Treatment

In Ayurveda, obesity is known as Medarog, which is caused by the aggravation of Kapha. Kapha is an Ayurvedic humor which is dense, heavy, slow, sticky, wet and cold in nature. It governs all structure and lubrication in the mind and body apart from controlling weight and formation of all the seven tissues - nutritive fluids, blood, fat, muscles, bones, marrow and reproductive tissues.

In a balanced state, Kapha gives nourishment to these tissues through various micro channels. However, when it is aggravated, Kapha leads to production of toxins in the body. These toxins are heavy and dense in nature and accumulate in weaker channels of the body, causing their blockage. In the case of an obese person, toxins accumulate in Medovahi Srotas (fat channels), thereby leading to an increase in the production of fat tissue (Meda Dhatu). When the body produces more fat tissues, it causes an increase in weight.

The Ayurvedic line of treatment for obesity begins with the pacification of Kapha Dosha. This can be done by eliminating Kapha-aggravating foods from the diet. Next, the treatment also focuses on cleansing of the Medovahi channels through cleansing herbs so that excess weight can be reduced.



## Best Siddha medicine for weight loss

Siddha medicine is equally as important as other alternative medicine to treat lifestyle related disorders. Here, the list of 15 Siddha medicines is given, which may be taken after consultation of Siddha doctor for suppressing accumulation of fats, managing obesity and overcoming weight loss. As per Siddha, among the tri-doshas, Kapha is playing a crucial role in obesity and weight gain. It is the Kapha dosha, which tends to accumulate excess fat in the body. Kapha dosha people are having a desire of eating more as well as in taking of more sweet. Therefore such dosha individual should prefer light meals instead of having the heavy one.

Nirmuli (*Hygrophila Auriculata*)

Silasathu Parpam

Brahmi

Seendi (*Tinospora Cardifolia*)

Korai

Triphala

Kadukkai

Nerunjil (*Tribulus Terrestris*)

Guggulu

Sirukanpeelai

Aloevera

Kukil

Trikadukam

Korai

## Ayurveda medicines for safe weight loss

Simple and easy ayurvedic home remedies to defeat obesity are known since a long time. Ayurvedic herbs for weight reduction are effective in burning the same and simultaneously also good in smoothing metabolism. Burning fat in the old age group is difficult. Ayurveda shows its efficacy even in the older stage by igniting the digestive fire. Ayurveda medicine is trying to find the root cause of getting fat cell bigger and also furnishes evidences in curing of obesity. Some of the best Ayurvedic medicines for weight loss are being mention here.

**Garcinia Cambogia:** Garcinia Cambogia for weight loss is a popular ayurvedic medicine in burning abdominal fat. The ayurvedic herb contains hydroxycitric acid, which is effective to fight fat and good in prevention of visceral fat accumulation.

**Ginger:** Zingiber officinale is good to inhibit fat accumulation in the body along with lowering the cholesterol level in blood. Taking ginger in the empty stomach is the easy way to lose weight.

**Guggul:** Guggul is a useful natural ayurvedic remedy for weight loss and obesity management. It is helpful in increasing the level of good cholesterol in the body.



**Licorice:** Glycyrrhiza Glabra is superb herbal remedy in weight loss due to the presence of flavonoids phyto-chemicals. This ayurvedic medicine is good in lowering the triglyceride level in blood and liver too.

**Kotahla Himbutu:** Salacia Reticulata is one of the best ayurvedic medicines to control weight and quite effective for diabetic patient.

**Cyperus rotundus:** The root of this ayurvedic medicine acts like as a fat burner and given as herbal remedy to the patients.

**Triphala** is the powerful ayurvedic medicine for weight loss. Triphala is the potent combination of ayurvedic herbs: Amalaki, Haritaki and Bibhitaki. All the three herbs are quite capable for weight loss management. Amalaki is known for lean body mass; Haritaki acts like as a toxin cleanser and Bibhitaki prevent accumulation of fat inside the body.

## Simple home remedies for weight loss

- Make a mixture comprising black pepper (1tsp), honey (1tsp), lemon juice (1tsp) and lukewarm water (1 glass). Mix all the ingredients well and drink the same in the morning. It is one of the wonder tips for weight loss.
- Weight loss can also be achieved when one follow this easy home remedy: take lukewarm water (1 glass), lemon juice (4tsp) and honey (1tsp). Use this mix on empty stomach in the morning every day.
- Warm the mix of cumin seeds ( $\frac{1}{2}$  tsp), coriander seeds ( $\frac{1}{2}$  tsp), fennel seeds ( $\frac{1}{2}$  tsp) and water (4 glass) for 5-10 minutes. Strained the mixture and take the small sips of the same throughout the day. It is better to take it in warm condition. It is one of the important herbal mixtures and acts like as a fat fighter.
- Drinking of cynodon dactylon juice is good in minimizing the toxins accumulation in the body thereby controlling fats in the adipose tissue layer.
- Taking of cinnamon powder along with honey in the empty stomach and before going to bed shows good result in fat burning.



## Easy tips to fight obesity

- Do Yoga and exercise regularly to maintain your weight and keep oneself fit both physically and mentally?
- Cabbage is a fat burner, so one should eat 1 bowl of it every day for good results.
- Give more weightage to fruits and vegetables in your diet plan.
- Avoid taking of salt, sugar and maida.
- Make a habit of taking mint as it helpful in burning of fat.
- One should take honey as it ensures the converting of excess fat into energy.
- Avoid potato and rice.
- The biggest meal should be your lunch when digestion is at its apex.
- Drink more and more water as it avoids the accumulation of toxins in the body thus prevents in obesity.
- Jogging, cycling and swimming are very good in maintain your overall weight and personality.
- Fasting with lime juice and honey once a good is beneficial in prevention of fat accumulation.
- Say bye bye to caffeine, alcohol, and junk foods. Drink more and more quantity of water (4litres).
- Strictly avoid day time sleeping if you want to skip of extra kilos.
- One can fight weight oneself by simple modifications of one's lifestyle.



OBESITY RESEMBLES  
BALLOON,  
MORE YOU BLOW  
IT BURSTS YOUR **LIFE**.



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