



Obesity - Eat Great, Move A Bit and Loose Weight!

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Abstract

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 are 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!

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!

Keywords: OI- Over Indulged; Obesity, GI- Gastrointestinal; POC- Plan of Care; BMI- Body Mass Index; W- Weight in Kg; H- Heights!

Introduction

I meet people from different zone in my work who are overweight but not obese! Fat has been portrayed as major cause for poor health and obesity! But it's not true! When you consume more calories than you can use or burn out, one start accumulating the excess calories in your body as fat! This gets double un-

der your skin? One is overweight when you cross the limit of ideal body weight! Obesity is advanced stage of being overweight and is a clinical condition that leads to serious health issues like high blood pressure, diabetes, osteoporosis, digestive problem, sleep issues, backache and heart disease! [1-6].

BMI is used to know if one is overweight or not and how much!

BMI=W/H²

There are so many reasons for obesity like eating habits, over-eating, sedentary lifestyle and even combination of these factors! One might not get enough time to exercise due to tough schedule which leaves us exhausted! When one is overweight they have opportunity to loose weight sooner then come in obesity category!

Note- If BMI less than 18 means underweight, 18 - 25 means normal, more than 25 means overweight, 25 - 30 means Pre-obesity stage and if more than 30 indicates obesity!

Tips for obese patients

1. Look yourself in bathroom mirror without clothes and try to accept yourself!
2. Buy weight machine and weight regularly to get motivated!
3. Keep in touch with your family!
4. Go for group workout with family!
5. Have Sunday for walking!
6. Look at your old snaps!
7. Try your old clothes!
8. Set target for yourself!

Try to know your ideal weight before planning anything

One can know their body weight by trying old clothes! Ideal weight is important for fitness! It is not very special but body weight in according to one height, age, gender and body types! It is very for every individual! Bone structure can put more pressure on particular joint! A good combination between weight and height is important to healthy body and can achieved via healthy diet, physi-

A sample of my sugharsize plan

Weeks	Breakfast	Lunch	Snack	Dinner	Post Dinner
Sunday	Proteins/Fats /Veggies	Carbos with Veggies	Fruits	Proteins/Fats with Veggies	Skimmed milk
Monday	Fruits/ Carbos	Proteins /Fats with Veggies	Carbos	Proteins/Fats with veggies	Same
Tuesday	Fruits / Carbos	Proteins/ Fats with Veggies	Fruit Juice	Carbos with veggies	Same
Wednesday	Carbos	Fats with veggies	Carbos	Proteins with veggies	Same
Thursday	Proteins / Fats	Proteins with Veggies	Fruits	Fats with Veggies	Same
Friday	Fruits	Fat with veggies	Fruit Juice	Carbos	Same
Saturday	Fruits	Carbos with veggies	Fruit Juice	Carbos	Same

Table A

cal activity and mental balance! Ideal weight van be different for same height men and women!

Sugharsize diet plan

I am happy to tell you that I have found very healthy diet plan after working with nutritionist, reading several books, error on my own body and practice trials! My main objective was to discover a route to healthy eating, nutritious and tasty food still help in loosing weight! So I gave my this weekly plan name to 'Sugharsize Plan 'and it's not dieting! As diet mean sacrifice and guilt for some foods! Food is way of healthy living! Sugharsize can increase your metabolism with taste buds! Means you can eat more food and loose weight! One don't have to starve their body!

Important steps to start SUGHARSIZE PLAN: Sugharsize Plan have food groups as Protein (meat, poultry, egg, oil, cheese), Fat, veggies, carbos (whole grain) and fruits! So I create great food plan with help of combining these and name Sugharsize Plan! One eat when hungry and until full and never skip meals!

Level one got three steps

1. Eliminate foods include sugar, high starch, caffeine and alcohol!
2. Eat fruits on empty stomach!
3. Eat fat, proteins with vegetables!
4. Have carbos separate from fat!
5. Have two hours gap before every meals!
6. Never skip meals!
7. Follow my water time chart!

Level two

Following level one include chocolate in your plan! It is extension of level one with some treats! You can control your weight throughout life!

When one eliminate sugar and caffeine they force their body to burn fat reserves converting them to glucose to use as an energy!

This plan got some basic plan

1. Breakfast meals like fruits, carbos, proteins, fats and veggies!
2. Lunch and dinner carbos, veggies, proteins, fats and single food group!
3. Dessert too!

Exercise plan include

Walking is the ultimate exercise for obesity!

1. 5 minutes dynamic warm up!
2. Stretching!
3. Standing!
4. Sitting!
5. Supine!
6. Prone!
7. Breathing exercises!
8. Meditation!

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!

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