Tamika Williams

Dr. Underwood

English 1101

24 June 2018

The Cause of Obesity and why we can or cannot reduce it

Obesity can be lack of exercise. Due to no access to the gym or no motivation. Genetics play a huge role in obesity, because it does not solely just come from poor eating. Some have inherited that trait from the family.

Genes play a role in your body weight, but there are other factors involved. There are many places around the world that have nutrient- rich food to eat and easy access to fattening fast foods and sweets, particularly the United States (quoted from Everydayhealth.com). Fast foods are quick and convenient when on the go making it more likely that a person will stop to pick up some. Obesity is dangerous on so many levels because it plays a part in diabetes, heart disease and high blood pressure.

Obesity can be reduced by stop promoting the bad food, eating more fruits, vegetables, nuts, whole grains and exercising moderately for at least 30 minutes a day while drinking at least 64 oz of water. It’s not easy as it sounds because if it was there would be more people that are managing their ideal weight for their height. People can also use vegetable-based oils rather than animal-based fats. (Everyday health.com). Reason being that obesity could not be reduced would be mainly because we people that live in poor neighborhoods that do not have access to fresh fruits and vegetables. They are more prone to going get junk because it is cheaper especially in America. (Healthline.com).

Obesity is present for various reason in todays society. Food commercials and billboards that promotes the bad foods has a lot to do with it. Also, not being able to eat right due to the expensive of the food. People can grow there own fruits and vegetables.

Works Cited

10 Leading Causes of Weight Gain and Obesity. Kris Gunnars, BSC on May 4, 2018

 [www.healthline.com/nutrition/10causesofweigthgain](http://www.healthline.com/nutrition/10causesofweigthgain)

How to Avoid the Obesity Epidemic. Lynn Yoffee “Medically Reviewed by Christine Wilmsen Criag, MD

 [www.everydayhealth.com/healthy-living/obesity-prevention.aspx](http://www.everydayhealth.com/healthy-living/obesity-prevention.aspx)