

Obesity : The Origins

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You don't become obese overnight. Obesity is developed through long-term lack of physical activity, poor diet choices, environmental factors, mental stress, and in some cases genes.



Stress and Eating Disorder

Comfort eating to relieve stress. Compulsive eating disorder as a result of social influence and extreme episodes of dieting.



Environment

The availability of fresh groceries and spaces for physical activities, our social circle, and pollution levels affect our ability to live a healthy lifestyle.



Physical Inactivity

20%

Physical activity burns up to 20% of your daily caloric intake. Having a sedentary lifestyle may add up to a 360-calorie (women) to 400 (men) calorie surplus per day.



Unhealthy Diet

80%

Your diet controls 80% of your weight. Consistently eating highly processed foods, refined sugar and grains, and unhealthy fats contributes to weight gain.



GastroDoxs
defenders of the digestive system