

Overweight: Door to Obesity

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Overweight is a bridge to obesity. You might have tipped a little further to the weighing scale because of the foods that you eat and the activity that you have. You may see changes in your body such as the physical size, the unfitting jeans and shirts, or you just simply feel that something is heavier than usual.

One determinant of health is weight. You may go malnourished, meaning either you tread the path of underweight, overweight or obesity. At any possible instance, your health is surely jeopardized.

Overweight contains issues that are vital to your health. The lack of control towards food could signify over intake of nutrients that are bad in excess. Fats and cholesterols are among them. Accumulation of these substances in unwarranted amounts causes fat build-up that may clog the blood vessels throughout the body. Eventually, the body could suffer from diseases like hypertension, diabetes, heart attack and even stroke.

Many who experience overweight goes on even without knowing it. If you are a health-conscious person, you might as well make plans and take actions regarding your health.

First is to recognize the importance of maintaining a normal status in the Body Mass Index (BMI). Being normal signifies good weight and health. Schedule a regular weight checking. Weight checking is not big of a deal and it will not take much of your time. You may want to schedule a regular weighing session every morning, preferably, after waking up just before taking any activity or eating breakfast. Get a small notebook and record your progress. Compute your BMI and consult a dietician if any deviation happens.

The most important thing to take note is diet. Make sure to have a well-balanced one. It is not necessarily effective to cut off on anything as long as you know that what you are taking in are enough, no more no less.

Exercise is another key that will help you stay fit and healthy. Exercise can burn up calories, fats and cholesterol. This can surely fuel up your stamina and vigor, making you healthier, stronger and fit.

If you are willing to maintain a good weight, the most important thing to infuse yourself with is discipline and strong determination. This will bind you towards the above mentioned methods of maintaining good weight. Losing your goals of staying fit and healthy could even lead you further to overweight. In no less time, obesity can come knocking at your door.