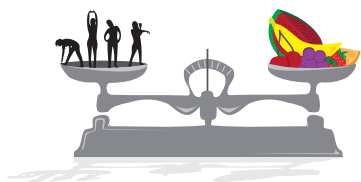


## What is obesity?

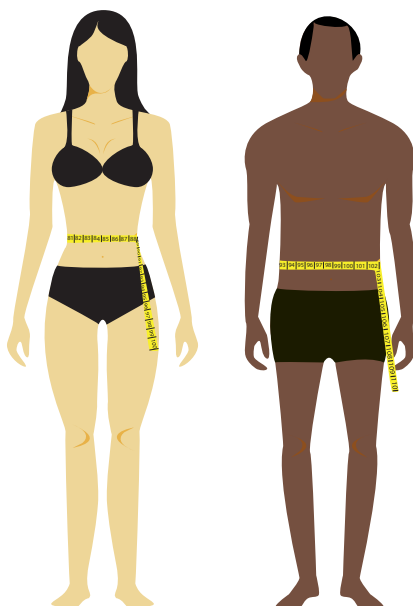
Obesity is defined as excessive fat in the body. To understand how it happens, imagine a two-plate scale: on one of the plates are all the calories (the energy) that the body gets from eating; on the other plate, all the calories that the body consumes (to walk, climb up stairs, talk, etc). If the plate of the energy being received weighs more, an



energy imbalance occurs and the body starts to store energy that has not been used as fat. That's how obesity develops. Obesity has many causes, such as inappropriate eating habits, low frequency of physical activities, genetic predisposition and psychological factors. Though factors act together, the main cause of overweight in the majority of the population is an inadequate lifestyle.

## How do I know that I am obese?

The most used tool to evaluate obesity is the Body Mass Index, or simply BMI, which is considered adequate when its values are between 18 and 25. Values above 25 indicate that you are overweight. But, if the result is above 30, it means that you are obese or in other words that you present obesity. We use your height and your weight to



calculate the BMI.

There are many important conditions associated to obesity, such as insulin resistance, diabetes mellitus, hypertension and increased levels of cholesterol. These conditions are more common in people who have increased abdominal fat. That is why it is so important to evaluate the body fat distribution by abdominal circumference. The ideal values are less than 88 cm in women, and 102 cm, in men.

joints and muscles.

- In order to identify potential problems on your diet, writing an alimentary journal can be a good strategy. On the day before the appointment, write down everything you ate, describing the time and the amount of each food and take that to your doctor or to your nutritionist. It will be very helpful to plan a healthy diet.

### Tips to avoid obesity:

- Have a balanced diet, rich in fruits, vegetables and cereals. Eat every other 3 hours.
- Avoid sweet and fatty foods, especially the very caloric ones, like ice creams, fried foods, candies and junky food.
- Exercise should be performed at least 3 times per week for at least 30 minutes. This will improve your disposition, your well-being and your physical conditioning. It also will help to reduce weight and to relieve some pain in the

