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AABC Not Only Gives You the Degree but Also the Provision of Employment by Gary Smith

Article published on April 13th 2012 | Education

There are so many things in the world through which you are acquiring knowledge like books, magazine, videos, and audio cassettes but in the internet era computer are the latest technologies through which you can develop your knowledge voraciously in every field; you have not to waste a single moment for anything to earn and for anything to learn. You have nothing to do to avail this option just to install a PC and a personal IP number which required some monthly payment according to your suitable package. At this point you are gainer because it is a great advantage to you but it also has a great disadvantage when you are working in a room sited in a particular chair and spending hours and hours of time to fulfill your expectation then a tendency of obesity gradually increase in your body which affects your life style that causes several type of problems like high blood pressure, pensive moods, monotonous work allergy and so on. In such a situation you have no time to do any exercise like walking, running, riding, swimming, skipping and finally jogging which helps you to reduce your obesity. Current statics shows that 33.8% of the total populations are suffering from obesity in America.

Food habit is also being a rising factor for obesity. General diet including sufficient green vegetables are ideal food for good health but due to shortage of time for cooking maximum number of American citizens are bound to take fast food like burger, momo, chowmin, nodules and so on, it is easily prepare able but difficult to digestible, naturally excess food must be stored in your body which causes obesity in the US. Now-a-days obesity is the prime criteria in every developing country; every now and then they are doing intensive study about obesity research throughout the world. The American Association of Bariatric Counselors (AABC) is professional collegial association is working sincerely for the health care in the 21st century. They introduce a specialized accredited core curriculum courses in the bariatric sciences for Masterâ€™s-level and Doctoral-level students pursuing professional health and education careers. AABC also offers two types of certificates 1) Board Certified Bariatric Counselor (BSBS), 2) Board Certified Bariatric Educator (BCBE). In medical field different types of experiments are going on to face the obesity. The experienced doctors are giving suggestion that if you do regular exercise at least half an hour per day and take proper diet then you have no risk of health hazards like heart attack, high blood pressure, excess fat and obesity. Obesity is not only depends on a good rich food but also for less exercise. According to a good dietitian take breakfast like a king, dinner like a queen and supper like a beggar thatâ€™s the philosophy of every human being to be in good physique. There is a great prospect in America for the Dietitianâ€™s job to face the rising crisis of obesity.

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Gary Smith - About Author:
To know more about a obesity research and a obesity in America, you can log in a http://www.aabc-certification.org.

Article Keywords:

Obesity research, obesity in the US, obesity in America, dietitians jobs

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