Article published on April 19th 2012 | Health

There is a difference between the two terms overweight and obesity. To understand the difference, you must know the meaning of the two terms. Being overweight is to be above the ideal body weight by more than 10%, but not more than 20%. Being obese, on the other hand is when one is more than 20% of the ideal body weight. There are several weight loss facts and myths out there, and it is important for one to distinguish between what is real and what is fiction.

There are 3 different ways in which it can be determined that a person is obese. The first one way that can be used to make this determination is when a personâ€™s weight is 20% higher than his/her body weight. The second way is when one is having a body mass index that is more than 30. The third way is when one has a percent body fat of more than 30%. Should the body fat content exceed 100%, then a person is said to be morbidly obese. A person who has this serious condition is two or more times above his or her ideal body weight.

One can either be obese on the upper body part or on the lower body part. Upper body obesity is more common in men than in women. One of the weight loss facts is that this kind of obesity can trigger serious health conditions such as stroke, heart disease and diabetes. Lower body obesity, on the other hand is more common in women, whereby fat deposits are found on the hips, thighs and buttocks.

Overweight and obesity ranges are usually determined when the weight and height of a person are used to calculate the body mass index (BMI). Any adult who has a BMI that is between 25 and 29 is considered to be overweight. An adult with a BMI of not less than 30 is considered obese. However, the body mass index is not used to directly measure the body fat.

To avoid the threat that is posed by overweight and obese situations, it is advisable for one to allocate his/her time to exercise on a daily basis. It is also important for one to have a healthy diet that is fat free and low in calories. Maintaining fitness is one of the weight loss facts that can be very helpful in ensuring that one is not exposed to the risk of serious health conditions that are brought about by being overweight and obesity. When trying to shed weight it is very important for one to .

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If you are having any a overweight and obesity issues, you can always get answers. You can read lots of helpful information on our a Weight Loss Facts site.

Article Keywords:
Overweight and obesity,weight loss facts,overweight,obesity,health

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