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Obesity, or being over weight, is a condition in which having too much fat in the body may pave the way for other diseases. Obese people have a high risk getting various diseases like heart disease, diabetes and arthritis. Obesity is nowadays a serious public health problem. The United States has the highest rate of obesity in the world. According to the latest statistics, 32.2% of people who were above the age of 20 years were over weight. The number of obese people is increasing at a steady rate and showing no signs of stability. There are many causes of obesity like lack of activity, lower relative cost of food, increased food production and changes in lifestyle.

Doctors say that losing body weight will help two out of every three people in the United States. Losing body weight can put many diseases away. Obese people always have greater risks of getting a heart attack. Being over weight increases the amount of cholesterol in the blood. This cholesterol gets deposited in the blood vessels and narrows them, so that blood does not flow to the heart properly. Due to lack of blood, the heart is deprived of oxygen and eventually fails to function. This causes heart attack. Taking the negative effects that being over weight can cause, it is very advised to take measures to decrease body weight.

Exercising for about 20 minutes a day helps to burn out the excess fat in the body. Exercise can involves light jogging, running or aerobics. During exercise, the cells of the body utilize the fat for producing energy and so the fat gets depleted resulting in body weight loss. Controlling the diet is also very much important. Junk food should be avoided at all costs as these contain a large amount of fats. Changing lifestyle is the best solution to obesity.

Martial arts have been known to be very effective in reducing body weight. Martial arts involve a variety of techniques to overpower an opponent and learning these techniques involves a lot of physical exercise to the body. Joining a local martial arts club may be very effective. It is very a necessity to be physically fit to learn martial arts. Physical fitness will be acquired during training. Regular training in martial arts like judo, karate and jujitsu will improve agility and make one perfect. They are also known to improve confidence and will power. Confidence and will power are very much necessary during the weight loss program. So martial can be an effective means of losing body weight.

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