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Obesity is one of the most common health problems among the people. Obviously, we all know the excess storage of fat in the body is called obesity. This condition is caused mainly due to wrong food habits and it may even be hereditary. When the degree of fat content in the body is more than normal, it is termed as overweight and the condition wherein the accumulation of fat is more than overweight, it's called obesity. Generally, overweight or obese people are more prone to diseases such as diabetes (type-2), cholesterol, high blood pressure, and heart attacks. In rare cases, obesity may also lead to stroke or cancer.

First of all, let me shoot out a simple question. Is fat really necessary for our body? The answer is yes, because there are certain types of fats that play a pivotal role in the absorption of heat and absorption of shock in the body, and they are also the storehouse of energy in our body. It's only because of fat that we get energy to do our work.

The distribution of fat in the body differs for men and women. Generally, in the case of men, the majority of the fat gets deposited around the belly part and the deposition is termed as being apple shaped. In women, the majority of the fat gets distributed mainly around the hip and buttocks and this kind of accumulation of fat is termed as being peer shaped. The problems associated with obesity are primarily due to the deposition of fat in the waist.

Let us dig a bit into the actual process of fat accumulation in the body. Fat is primarily stored in the form of triglycerides in a connective tissue called adipose. This tissue is classified as white adipose tissue and brown adipose tissue. The former is present just below the skin and plays a vital role in heat insulation and is also a mechanical cushion and the main source of energy. Overweight is mainly caused as a result of imbalance in the energy. That is, if the input energy is more than the output energy, then the excess or unused energy tends to get stored as fat in the body. This is the main reason for weight gain in kids and adults.

Body Mass index (BMI) is an important terminology used in the measurement of the fat in the body. It can be calculated by using the following formula.

BMI= weight (in kg)/height (metres)*height (metres). This figure gives a fair idea of how much of excess fat is stored in our body. If the BMI is less than 18.5, then the person is said to be underweight whereas a normal person should have a BMI anywhere around 18.5 to 22.9. The condition is overweight if the BMI is 23-27.4 whereas it's around 32.5 to 37.5 for obese people. And if the BMI is more than 37.5 then the person is said to be morbidly obese and has a high risk of being prone to chronic diseases. I watch a lot of health and fitness programs on my favorite channels rendered by my Dish Network Offers. Let me share some of the useful things that I have learned, with you. All right, so scroll down and take a look at some practical tips that will be helpful in shedding off your excess fat.

â€¢ Try to eat smaller meals rather one stomach-full meal. For example, instead one full meal, try to break it into 3 or 4 portions and have it frequently. This will largely help reduce the accumulation of fat. And try taking a lot of fluids rather than solid food.

â€¢ Being on a diet is fine but make sure that you are on the right diet. It doesn't make sense if you are on a baby's diet. In fact, eating too less will also lead to fat accumulation. So you maintain a balance between these two levels.

â€¢ Exercise is one of the best ways to ward off the already-stored excess fat. And exercise need not necessarily be hitting the gym and lifting the weights. You can do simple exercises like stretching, walking, power walking, or jogging. These exercises not only help you to get rid of that extra chunk of fat but also make you stay fit and healthy.

Cody is a freelance writer and a fitness freak. He specializes in writing articles on topics related to health and fitness and he spends his leisure by watching health shows on his favorite channels that are rendered by Dish Network Offers.

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