

The percentage of overweight children in western societies has increased by almost 20% in the last ten years.

Discuss the causes and effects of this disturbing trend.

Today one of the most important issues which has become the limelight all around the world is the overweighting that has become widespread among teenagers regardless of genders. Also, every day the experts with vast knowledge in this area talk about their concerns about overweighting's detrimental effects on people's life. On the flipside, the first and foremost issue is the causes of gaining weight and how we can prevent obesity. Therefore, I would like to talk about the causes and effects of overweighting in this essay.

Both sedentary and over-eating are two elements which have the most impact on the human's body to build fatty cells. If the calories intake become more than body's need for vital actions, they convert to fatty acids and the body stores them as a fat. For example, the habit of eating too much fast food regularly, and meanwhile sedentary lifestyle causes overweight unless you burn them. The latter-second factor is modernity which leads people to be less active act less. So they will end up obese. For instance, playing computer games, watching TV for long hours without moving and burning calories will cause weight gain. To some extent, modernity and the sedentary way of life are two elements which overlap each other.

On the other hand, overweighting has many detrimental effects on people's, especially on teenagers's lives. It will increase the risk of LDL cholesterol, diabetes and other disses-diseases for on the human body. Besides, people who suffer from overweighting-obesity will end up lazy. Furthermore, having overweight does not only cause physical but also mental illness. Moreover, getting fat can be the beginning of depression and seclusion between-among teenagers. However, it shouldn't be a reason to loss-become diffident in themselves.

To sum up, being overweight is a reason of over-eating and motionlessness/inactivity sedentary among teenagers. Besides, in medically wise obesity interferes with normal body actions and can be initial factor for depression. After all, from my point of view, we should learn the ways of preventing obesity and engaging in physical activities and change our lifestyle to live more healthily.