

Obesity

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Abstract

Objective: *Is to create an awareness and find out the cause of progression of **obesity** in upcoming young generation and middle aged people.*

Method: *A set of specific questions relevant to clinical practice were formulated, a systematic literature search was performed, and relevant articles were abstracted and graded.*

Result: *According to the survey, most of the people suffering from obesity are on the age of growing, we call them as teenagers. Some percentage of middle aged people also suffers from obesity. The result have shown that the main reason for **obesity** is lack of healthy lifestyle and environmental factors affecting lives. But most common factors found in the survey were: lack of physical activities, stress load and improper or junky food. Studies have shown that obese people are mostly diabetic and lethargic. Lack of sleep is also a very big factor. Mostly obese people have slow metabolism and that causes the sluggish and lazy behavior in an individual.*

Conclusion: *According to the survey performed and the study relevant articles it was found out that mostly teenagers and middle aged group people suffer from obesity. **Remember it is your body and you have to take care of it.***

Keywords: *lack of physical exercise, stress load, lack of healthy diet, lack of sleep, diabetes, smoking, eating junk, less awareness.*