Obesity

What is obesity?

Obesity is when one's weight exceeds the standard (more than a BMI of 25). Some people who look skinny but have a percentage of body fat that is quite higher than normal have what is called 'hidden obesity'. For people who do not check their weight on a regular basis, the first step is to get in the habit of checking your body weight at least once a month on a regular basis in order to become aware of changes in one's own weight. Maintaining a proper body weight is one of the fundamentals of managing your health!

What's wrong with being obese?

Obesity can lead to an increase of fats in the blood, which over time can lead to hardening of the arteries, diabetes, heart disease, of other diseases. Many people don't think being obese is a problem because there are no obvious symptoms, but obesity can lead to serious illness.

Is there an easy way to diet?

"Drink and lose weight now!" "Lose 3kg in 10 days!" There are a large number of fascinating things written about how to lose weight, as well as dietary supplements and other plans, but even if you manage to lose weight on these fanciful diets they can quickly lead to liver disease, thyroid disease, or other health problems. If you diet unreasonably, your weight will quickly rebound when you return to normal eating. It is said that it is easy to gain but hard to lose weight, but it is most important to remember that "dieting is not done in one day; be positive, patient, and persevere". Don't overdo it; start with what you can manage.

Diet Basics

It is extremely important to both eat in moderation and exercise in moderation. The ideal pace is to lose about 1 ~ 2kg per month. In this way it is possible to lose weight while maintaining a healthy body. Excessive or unreasonable dieting puts a lot of stress of the body, and this can actually make it harder to lose weight.

Diet **Exercise**

The key to successful dieting
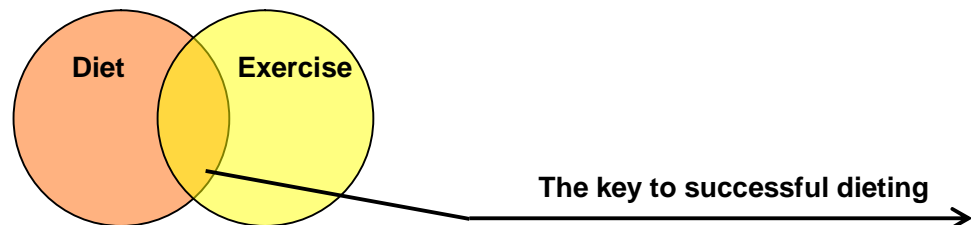
Eating to prevent obesity

Diet and Nutrition: http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Diet_and_Nutrition_E.pdf

Skipping meals can make you fat!

It is important to eat three balanced meals each day at appropriate times. If you skip a meal, when you eat your next meal your body will store more calories, making it easier to gain weight.

Don't skip meals!

People busy with classes and working part-time jobs tend to eat at irregular times. If you go a long time with an empty stomach, the next time you eat your body will store more energy than it needs, which can easily cause weight gain.

Don't eat too fast!

If you eat too fast, you don't chew your food enough, and this can make it hard for your body to digest and absorb the nutrients it needs from your food, which can lead to fat accumulation and obesity.
If you chew your food well when eating, it stimulates the production of more digestive fluids which can help you feel satisfied and help you feel full with smaller portions.

Do you idly or absentmindedly snack?
Have you ever noticed that you managed to eat an entire bag of candy all by yourself without thinking about it? Without realizing it, you may have consumed a lot of calories.

Late-night snacking = Weight gain, extra strain on your body
Because you are less active at night it is easier for your body to absorb more from late meals which can make it easier to gain weight. The trick to evening meals is to finish eating 2-3 hours before bedtime.

Be careful when eating out
Food you have when eating out is typically high in calories, salt, and oil. Be aware of the calories, oil, and nutritional balance and adjust what you eat, increasing or reducing amounts while eating.

Moderate sweet, sugary drinks
Be conscious of your beverage choices when you hydrate, and stick to drinks that won't make you fat like water, tea, or barley tea.

In particular, practice moderation when eating foods with a lot of oil
Be careful of not only fried or stir-fried food, but also nuts, mayonnaise, and other food high in oil.

Exercise to prevent obesity
Increase the amount of activity in your daily life.
Anyone can easily increase the amount of activity in their daily life to fight obesity. While it is good to get involved in sports it can be difficult to stay involved, while it is easy to continue with an increased level of activity in your daily life.

		Calories burned per 10 minutes of activity
Commuting	Getting off the bus one stop early and walking. Walking instead of getting a ride. Using the stairs instead of escalators or elevators.	20-30 kcal
Daily Activities	Going for a walk when you have free time.	70-80 kcal
At Home	Cleaning or doing laundry.	30-40 kcal

Get moderate exercise
There is little energy burned by someone who does not exercise enough, so it can be easy to gain weight if the amount of calories consumed is greater that the amount of calories burned. If you continue to exercise, your muscle mass will increase, which will increase your basal metabolic rate, which in turn burn more calories and make it easier to lose weight.
Start with some simple exercise to improve your lack of exercise. Walking is one example of a simple exercise. Walking helps burn body fat. Do you know the proper way to walk? Learn how to walk correctly and incorporate this into your daily life.
Exercise: http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Exercise_E.pdf

If you have any questions or concerns, please feel free to come to the Health Clinic any time.

APU Health Clinic
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