3 Ways to Prevent Obesity

With the lifestyle change brought about by the new normal, many people have lost opportunities to exercise and maintain their fitness. As a result, obesity has become an emerging problem for many.

Excess weight and obesity should be a cause for concern because it increases a person's risk for heart disease and other chronic conditions. If you are having difficulty maintaining a healthy weight, here are some tips to try.

Exercise

Start with some simple exercises at home. Take a few minutes to do stretching and move on to more strenuous exercises gradually.

Eat healthy

Don't give in to binge eating and make sure you incorporate low-calorie, nutrient-dense foods, such as fruits, vegetables and whole grains in your diet. Partake of sweets and junk food sparingly.

Monitor your weight

Weigh yourself once a week to keep track of excess pounds. This will also help you gauge whether your efforts to keep the weight off are working.

Be consistent

According to the Mayo Clinic, your efforts to prevent obesity should not end during the weekdays. Rather, you should continue your healthy diet and physical activities during the off days to maintain your gains.