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The impact of physical activity on challenging Obesity in Pakistan


Introduction

Overweight and obesity are becoming a major issue of health concern in Pakistan and the population there. Towards identifying the fight against this epidemic, it is necessary to find out different approaches to it, one of which is the promotion of physical activity in all age groups.



The Current Situation

Pakistan is witnessing an alarming prevalence of obesity especially the north side America type of obesity due to a sedentary lifestyle and poor eating habits. Now, as stated by the Pakistan Medical Association, these problems have become over one and a half times worse within the past decade owing to the growth in the menace of obesity, which has been defined as a health problem having many spokes, including diabetes, cardiovascular diseases and hypertension.



Role of Physical Activity

Physical activity should for therefore remain a basic principle toward the management and prevention of obesity. Physical activities like exercise also play a very important role in weight control in addition to playing a part in check up on the health of an individual. Physical activities such as walking, cycling, playing sport, among others, elicits great energy demands and therefore support weight management well.

Conclusion

In conclusion, motivating an increased level of physical activity is a requirement for helping to solve the obesity problem in Pakistan. If a nation eliminates barriers and fosters lifestyles characterized by physical activity, then it can advance health, and fight obesity in the population.

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