

Losing Weight in a Healthy Way

Nowadays, since the population of obese people is increasing, the problem of obesity becomes more and more thorny. As a result, a number of published articles can be found discussing about obesity and many people start to notice the seriousness of it. For example, Al-Mulhim et al. (2014) found obesity has become a worldwide disease which can cause not only physical but also psychological problems. *“Obesity is a medical disease that is increasing significantly nowadays. Worldwide obesity prevalence doubled since 1980. Obese patients are at great risk for complications with physical and psychological burdens, thus affecting their quality of life.”* Rate of obesity has been climbing sharply and obesity has already affected most of the world, which is worthy of exploring.

First of all, people have different views on obesity. For example, some people think the girl is fat while others may think she is fit. Therefore, a unanimous standard of obesity is needed. *Sattar and Lean (2007, p.1) state that “Obesity is categorised by body mass index (BMI), which is calculated by weight (in kilograms) divided by height (in metres) squared.”* Calculating BMI is a useful way to see if a person’s weight is moderate for his height, and the appropriate number of BMI is between 18.5 to 25. *“For every 4 kg/m² increase in BMI, observational estimates suggested a 26% increase in odds for IHD (ischemic heart disease) while causal estimates suggested a 52% increase. These data add evidence to support a causal link between increased BMI and IHD risk” (Nordestgaard et al., 2012).* By the state, the truth can be told that if a person has a higher BMI, then he will have the higher risk of health problems such as ischemic heart disease.

Nowadays, people have more choices of food than in the past. However, not all foods are healthy for the human beings. If people consume too much unhealthy food, it is very easy to become overweight. The problem is that obesity has a high risk of causing serious diseases such as heart disease, high blood pressure, stroke, and diabetes. *“Overweight diabetic adults*

1531670

Yu-Chen Hsieh

Module Code: 5EG009

trying to lose weight have a reduced risk of all-cause mortality, independent of whether they lose weight” (Gregg et al., 2016).

Furthermore, it can be dangerous and fatal if people choose a wrong way to lose weight and some strategies may be counterproductive. For example, some people take diet pills and drugs because they want to lose weight in a short time and without making any efforts. *“Body weight dissatisfaction is associated with unhealthy weight loss practices such as vomiting and laxative use, cigarette smoking, fasting, and diet pill, powder, and liquid” (Thorlton, Park and Hughes, 2014).* Nevertheless, taking diet pills and drugs is harmful to the human body because they will cause unstable heart and nervous system and make the blood pressure much higher than the normal state. *“Diet aid use is considered to be risky because the safety and efficacy of diet aids are unknown and are not evaluated by the U.S. Food and Drug Administration. Accurate information about diet aids is limited and Internet sites make dubious claims of effectiveness and safety” (Celio et al., 2006).* The effectiveness and safety of diet pills and drugs remain uncertain, it can be absolutely risky and dangerous to take diet pills and drugs to lose weight. Therefore, trying to stay away from obesity in a healthy way is definitely an important issue to discuss about.

Generally, there are two healthy ways to lose weight, one is controlling the diet, and the other is exercising. *“A 'healthy eating' diet of low-energy density is one of the most effective ways of achieving long-term weight loss and weight maintenance” (Whybrow et al., 2011).* Energy density indicates the amount of calories per gram of a food, for example, food with lower energy density has fewer calories per gram. Therefore, controlling diet does not equal to being deprived and hungry. Consuming the same weight of low-energy density food and high-energy density food does not absorb the same amount of calories. Therefore, it is a practical method to lower the calorie intake without consuming less food. Fully understanding about the energy density of the foods can make it easier to reach the weight loss goals and weight maintenance while feeling full and satisfied.

1531670

Yu-Chen Hsieh

Module Code: 5EG009

The other healthy and effective way to lose weight is by doing exercise. Many examples show that exercise is an important component of weight loss and probably the best means to maintain weight because it helps increase energy expenditure. *“When energy intake exceeds energy expenditure weight gain occurs and when energy expenditure exceeds energy intake weight loss occurs. If energy intake and energy expenditure are matched or ‘balanced’, weight is stable”* (Donnelly et al., 2004). It can be seen from this state that if people consume more calories than they burn, it will cause weight gain; if people burn more calories than they consume, it will cause weight loss. Consequently, it shows that people can lose weight by doing exercise to create a calorie deficit, which means burning more calories than taking in.

The research shows that aerobic or endurance training can help to lose weight. *“Aerobic or endurance training can help to maintain various aspects of heart and lung function and cardiac output. Aerobic activity enables the body to burn calories, a function referred to as a metabolic equivalent (MET)”* (Avers, 2016). Doing aerobic or endurance training can not only make people healthy but also help weight loss, because when people are doing aerobic or endurance training, it boosts the function of heart, lung and the rate of metabolism. Nevertheless, the most difficult part of weight loss must be weight maintenance. Many people spend a lot of time and energy on losing weight, but they fail to maintain it. *“To prevent regaining weight after weight loss, therefore, it has been recommended that obesity be treated with exercise training in addition to reduced energy intake”* (Okura, 2005). Therefore, doing moderate-intensity exercise training can be an effective way to lose weight and maintain weight.

However, either persevering with doing exercise or sticking to controlling the diet is absolutely difficult. *“Patients need to learn what to say to themselves to boost their motivation daily, to deal with hunger and cravings, to cope with negative emotions, to respond to their ‘excuses’ for overeating and not exercising”* (Beck, 2007). People usually find barriers of losing weight, for example, their family members tempt them to eat more,

1531670

Yu-Chen Hsieh

Module Code: 5EG009

having a too busy schedule to eat at the right time, and cannot resist delicious food when traveling. After being acquainted with the healthy methods to lose weight, the most important thing is setting a goal and being determined to achieve it.

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1531670

Yu-Chen Hsieh

Module Code: 5EG009

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