
Contributors of Obesity

Posted by anand1 - 2008/02/21 03:01

Here are a list of contributors which i think are the main culprits of making anyone Obese.

1. Junk Foods
2. Lack of having Balanced Diet
3. Lack of Regular Exercise.
4. Negligence towards ur health

These are the major things which can lead to Obesity. if there is more one then plz add to this.

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Re:Contributors of Obesity

Posted by abby88 - 2008/06/03 19:55

id like to add another one because myself and everyone i know who is obese sufferes from this one

5. Lack of common sense.

No offence to anyone out there but it takes a real dummy to eat yourself to 300lbs before you do anything about it in my case i just sat around waiting to die before i realised i wanted to live.

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Re:Contributors of Obesity

Posted by weightlossreview - 2008/10/15 00:13

Environmental factors also play a significant role in causing obesity. The availability or lack of food, as well as economic status, are environmental factors that contribute to obesity. Environmental factors also include lifestyle behaviors such as what and how often you eat, and how active you are.

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