

World Congress on

# NUTRITION AND OBESITY PREVENTION

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## Fighting obesity with a smile

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Obesity is a complex condition with biological, genetic, behavioral, social, cultural and environmental influences. It is a fact that reduced physical activity and fast food are linked to obesity. However, there is also a strong connection between stress and obesity. Stress may seem to have a small impact but it interacts in a way that magnifies the problem of obesity. There is so much that happens in our life; it is up to us how we handle and overcome the difficulty, negativity, pressure and ups and downs that we face regularly. The mind is the real powerhouse that controls and balances all chemical reactions and processes of the body. Stress alters the biochemical profile of the body dramatically. Current obesity prevention efforts focus solely on eating and exercise; but changing your outlook towards life can tackle the problem to a great extent.

**Biography:**

Archana Arora is a Registered Dietitian and has been practicing for more than 20 years in the fitness, healthcare, wellness and catering industries. She has completed her Masters in Food and Nutrition in 1995 followed by an internship at the All India Institute of Medical Sciences, New Delhi. Currently, she is working as a Senior Dietitian and Health Coach at NU Foods, Dubai.

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