

Breaking the Sentiments Set by the Community during My Healthy Weight Management Journey

Pilla Sai Nikitha*

Department of Microbiology, Andhra University, India

Introduction

It was never the same story if a person puts on weight. They have to go through a lot of trauma and face a lot of humiliation in society. The weight loss journey has been a pathetic journey of my life. I was never in the same room and during this period, all I heard is humiliation, hatred, body shaming, and a lot of negativity. Since 2018, health issues like PCOS and hormonal imbalances have increased and this impacted my body shape and size. And from the time of the global pandemic, due to the sedentary lifestyle and binge procrastination led to weight gain. It was never the same story if a person puts on weight.

Description

Healthy weight loss isn't a few "diet" or "program" however about a fashion that has healthy eating, regular physical activity, and stress management. Some medications may additionally build it tougher to turn. Discuss with your doctor if you are involved in your weight or have questions about your medication. Once attempting to lose weight, it's natural to need to lose weight quickly. However, people that are losing weight slowly and steadily (about one to two pounds per week) are a lot of seemingly to maintain their weight.

Once you reach a healthy weight, adopt a healthy diet and exercise to keep up your semi-permanent health. Losing weight isn't straightforward and needs commitment. However, if you can get started, here's a piecemeal guide to assist you to turn and improve your health. it is vital to understand. Making a confirmatory environment, each physically and with folks in your life, can assist you to reach your goals. Even a little weight loss of 5% to 10% of total weight will offer health advantages like improvement of blood pressure, blood cholesterol, and glucose level.

In the United States, the amount of kids with obesity has continued to rise over the past 2 decades. fat in childhood poses im-

mediate and future health risks. For example, if you weigh two hundred pounds, a 5% weight loss is appreciated ten pounds, creating you weigh one hundred ninety pounds. That weight should still be in the "overweight" or "obese" range, however, this moderate weight loss will cut back the danger of chronic fat-related diseases. It's going to seem to be it but think about it as a journey, not a final destination. Learn new ingestion and exercise habits to assist you in residing a healthier lifestyle. These habits can help you maintain your weight loss over time.

Adult obesity rates within us steadily increase since the late 1970s. Fat is powerfully related to exaggerated morbidity and mortality associated with vessel disease, kind 2 diabetes, cancer, and different chronic diseases. Fat is additionally associated with an increased risk of COVID-19-related mortality. Given these horrendous trends, there remains a desire to develop effective interventions to combat the continuing obesity epidemic. The danger is considerably more than for men.

Conclusion

Parents, guardians, and academics will help children maintain a healthy weight by serving to them develop healthy ingestion habits and limiting calorie-rich temptations. Furthermore may need to assist children to be physically active, have reduced screen time, and find adequate sleep. The goal for youngsters who are overweight is to cut back the speed of weight gain while permitting traditional growth and development. Youngsters shouldn't be placed on a weight reduction diet while not the consultation of a health care provider.

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Conflict of Interest

The author's declared that they have no conflict of interest.

*Corresponding author: Pilla Sai Nikitha, Department of Microbiology, Andhra University, India; E-mail: nikitha15.pilla@gmail.com

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