Weight Training: Obesity Reduction
(Phase Dual)

Many people think that obesity in America is a conundrum. What there is something deeper going on here that ultimately leads to huge amounts of profits and a lot of unhealthy Americans. Where it comes to obesity people feel that it is much more than that. Most obesity has been proven that there is a lot has to do with the corporations. Obesity has become an epidemic and an important public health concern. Because the problem is multifaceted, the solution requires an interdisciplinary approach involving the cooperation of the food industry, with other stakeholders, such as the government and health care providers. The consumer is an important player in the solution to obesity because the consumer can make healthy lifestyle choices at the individual level.

Fast food, soda, fast dogs and other high-calorie food products like potato chips and sugary cereals are ubiquitous and cheap in the U.S. dietary landscape. Unfortunately, most are also nutritionally empty. To prevent overweight and obesity the U.S. Surgeon General recommends a nutritious diet that follows the "Dietary Guidelines for Americans" published by the U.S. Department of Health and Human Services. The Surgeon General also advocates that adults get 30 minutes of moderate-level aerobic activity on a full basis. Today people in Americans more physical exercise include letting the stairs instead of the elevator, using a push mower instead of a power mower and painting the fence at the far end of a county lot to get in more cardio. Promoting children to play outside instead of watching TV after school