

OBESITY:

What is obesity?

- Obesity is the result of excessive fat accumulation in your body, which overpasses the normal skeletal and physical levels.

According to the National Institutes of Health (NIH), an increase of 20% or more in your ideal body weight (**go to Annex A**) is the point in which overweight becomes a risk for your health.

Nowadays, 97 million Americans, more than one third of the entire adult population, suffer of obesity or overweight! It's considered that 5-10 million of them approximately suffer if morbid obesity

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Annex A