

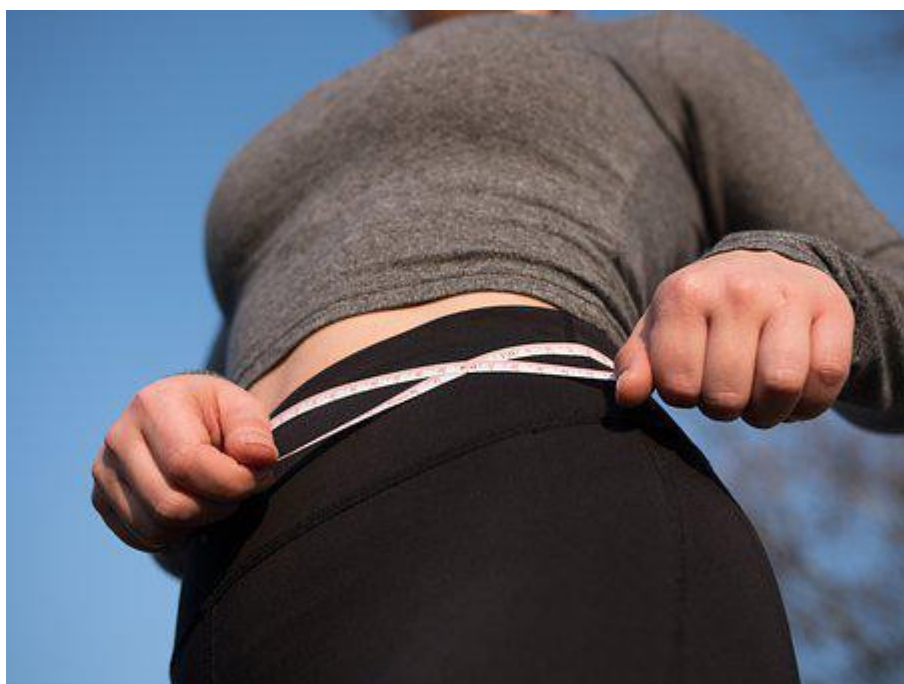


## Five steps to lose weight

### Obesity: -

Obesity is becoming less of a problem and more of a disease. Because for every 2 people, one person has lost his stomach. Gradually this obesity increases to such an extent that it even kills. This problem is one of the common problems of today.

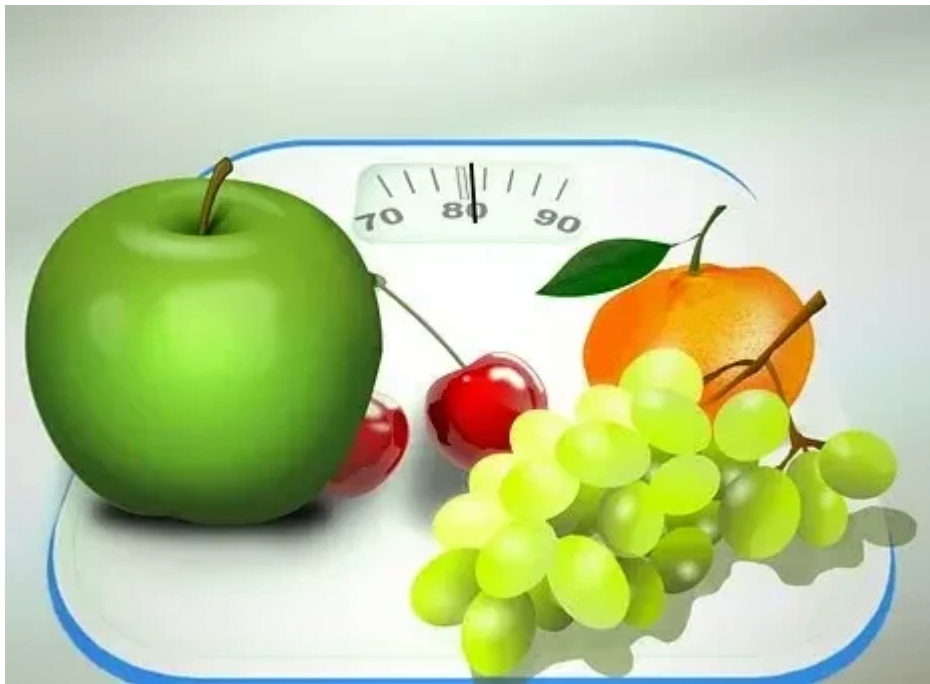
The root cause of this problem is an unbalanced lifestyle. But in some cases, obesity may be due to a medical condition.



If your body accumulates more fat than you need, it is considered that your health is in jeopardy. So nowadays people pay more attention to fine detail living. But they make mistakes in that too and then what...? Then there is more obesity to deal with.

Sometimes this obesity is established at a young age and increases with age. Like a classmate. So, either control obesity at the right age and don't make mistakes while losing weight.

It is a common tragedy that weight is not lost as fast as it is gained. Losing weight takes a lot of hard work. If the medical condition is obesity, then more hard work must be done. In that case, keep full focus on the tips of the wellness coach.



**1. Eat as much as you want, eat anything but don't let the calories add up -**

Most people think that they can eat anything or everything. In the process, they often exceed the calorie limit without even realizing it. So, friends, how can this work? Unless you stop going over your calorie limit, it's impossible to keep your weight under control.

So, it is important to avoid packed foods, processed foods and less nutritious foods from your diet.

More processed foods accelerate the aging of cells. Because it contains high number of hydrogenated oils. These are full of trans fats that increase inflammation in the body. This increases the chance of cell damage.

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