

Have you ever wondered why so many people around the world are gaining weight, even when they try to eat healthy and stay active? In this article, we will explore how obesity impacts our physical health, mental health, and social and economic lives. Genetics, hormones, and the modern lifestyle all play a role in how our bodies gain and store fat. Lack of sleep and certain chemicals in our food may also contribute to the rise in obesity. From the food we eat, to stress, pollution, sleep, and even the bacteria in our gut, many parts of our lives can affect our body weight. In many cases, people struggle with weight despite their efforts because of deeper biological and environmental reasons. Also, emotional factors like stress and sadness can lead people to eat more than they need. We will also talk about what we can do to prevent or reduce obesity. Obesity is not just about eating too much or moving too little. Understanding these causes and effects is the first step toward making better choices for a healthier life.