

The pervasiveness of obese and overweight has expanded over the most recent thirty years in numerous nations (Al-Nuaim et al., 1996; El-Qudah, 2008; Al-Isa, 1995; Almajwal et al., 2008). Studies from Saudi Arabia, the United Arab Emirates, Jordan, Egypt and Kuwait plan a worrying image of common overweight, which thus could be a pointer for an expansion in the event of other critical sicknesses in the district (Al- Nuaim et al., 1996; Al-Isa, 1995; Almajwal et al., 2008; Ajlouni et al., 1998).health outcomes of obese and overweight incorporate aspiratory, muscular, gastroenterological, neurologic, endocrine issues, also cardiovascular issues (Bodur et al., 2010).This might be credited to .(numerous variables (Pei-Lin, 2004; Story et al., 2002