

The world today is facing various complex diseases. Also, there are some medications like those consumed by bodybuilders (steroids), antidepressants, and medicines for diabetes that make changes in the body metabolism in such a way that the appetite increases resulting in gaining weight. Children used to play in parks and playgrounds with friends whereas now the preference has been shifted to mobile and computer games. This is an excessive and abnormal increase in body fat which can lead to various other related health issues like heart problems, blood pressure, hypertension, cholesterol, and many more. Instead of focusing more on physical activities, there has been a paradigm shift to adapting non-physical activities. This type of lifestyle has led to various diseases including obesity. Obesity is a condition wherein a person starts to gain unnecessary body fat. Previously, people preferred to do everything by themselves.