



**FROM FAST FOOD TO FITNESS: THE PROBLEM OF OBESITY AMONG YOUTH.**

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**Annotation:**

The role of family and society in preventing obesity, and the role of fast food in studying the problem of obesity among young people.

Today, obesity has become one of the most serious social and medical problems in the world. It is observed that psycho-emotional factors, genetic factors, endocrine disorders in our lives are the causes of obesity. This problem is especially growing among young people. Modern lifestyle - fast food, sitting in front of the phone or computer for a long time, low physical activity - are directly the main causes of obesity. Or the automation of all household appliances is causing it.

**Keywords:** Obesity, psycho-emotional factors, genetic factors, endocrine disorders, low physical activity, fast food products.

**Abstract:** The role of family and society in obesity prevention. From fast food to fitness: the problem of obesity among young people:

Today, obesity has become one of the most serious social and medical problems in the world. It is observed that psycho-emotional factors, genetic factors, and endocrine disorders that occur in our life are the causes of obesity. Especially among young people, this problem is getting stronger. Modern lifestyle - fast food, sitting in front of the phone or computer for a long time, lack of movement - is one of the main causes of obesity. Or the automation of all household appliances is the cause.

**Keywords:** Obesity, psycho-emotional factor, genetic factor, endocrine disorders, low mobility, fast food products.

**Abstract:** The role of family and society in obesity prevention, the role of fast food in youth obesity.

**Today, obesity has become one of the most serious social and health problems in the world. It has been noted that the causes of obesity include psychoemotional factors, genetic factors, and endocrine disorders encountered in our lives. This problem is becoming increasingly common among young people, especially. The modern lifestyle—fast food, prolonged sitting in front of the phone or computer, lack of exercise—is one of the main causes of obesity. Or is the automation of all household appliances to blame?**

**Key words:** Obesity, psycho-emotional factor, genetic factor, endocrine disorders, sedentary lifestyle, fast food products.

**The main part**

It is known that any person strives for the best, for the sake of a happy life and a long life. For this, first of all, he must take care of his own health and the health of his family members. Therefore, he must adhere to the following rules. Obesity is not only a change in appearance, but also a serious threat to human health. Cardiovascular diseases, diabetes, sugar and hormonal disorders can occur precisely because of excess weight. Every stressful situation during life, or the wrong diet in a child's family from an early age, growing up with an unhealthy lifestyle, leads to hormonal disorders of the body. Every person grows up in the environment and conditions in



his family, but each of these depends on the knowledge and education of his parents. Therefore, preventing obesity is not only a medical, but also a social task. In the 21st century, obesity has become a global problem that is growing rapidly around the world. The family is the main educator and promoter of a healthy lifestyle. If parents replace fast food with natural, delicious home-cooked meals, the child will get used to eating this way. If a person does just ten minutes of gymnastics a day, he will “save” 10 heartbeats per minute. In this way, it is possible to reduce the heart rate by 500,000 beats per year. With this simple method, you can get rid of many cardiovascular diseases, make your heart healthy, and “avoid” heart attacks. Walking and jumping according to your ability are the best medicine for the heart.

### **1. The role of the family**

The foundation of a healthy lifestyle is laid in the family. If children are given interesting lessons about a healthy lifestyle in kindergartens and schools, then through these situations, knowledge and skills related to a healthy lifestyle are formed in their minds. Children imitate the habits of their parents. If the rules of healthy eating are followed in the family and an environment where physical activity is paid attention to is created, the child will also grow up healthy. The family is the first school where a healthy generation is raised. The child's eating culture, daily routine and level of activity are formed precisely in the family environment.

Parents need to teach children healthy eating, instill an interest in vegetables, fruits, and natural products.

It is useful to make physical activity a tradition in families - walking together, riding a bike, organizing sports games.

Reducing the amount of fast food, sugary drinks, and fatty foods is also an important way to protect health.

Parents:

In each household, sports grounds for children and adults should be organized, depending on the needs (if a child grows up in such conditions, he will also learn to create such conditions for his children in the future);

They should teach children the culture of proper nutrition;

Instead of sitting in front of the TV or phone for a long time, they should organize walks or sports together;

They should have useful conversations about the harms of fast food and carbonated drinks.

### **2. The role of society**

Society also plays a major role in this process. Schools, universities, and workplaces should create opportunities for healthy eating. The state should increase projects, sports grounds, and mass fitness programs that promote a healthy lifestyle (based on which it is necessary to develop medical and social culture among the people). The generations of the 20th century were strong and healthy, and this is due to the fact that they consumed natural products and performed physical exercises.

It is also very important to apply the principle of not harming children's health when advertising fast food products. Society also has a great responsibility in the fight against obesity.

Schools and universities should hold classes and events on a healthy lifestyle.

Increasing the number of sports grounds, jogging tracks and fitness centers at the state level will attract young people to an active life.

It is necessary to limit fast food advertising in the media and social networks, and to widely spread the culture of healthy eating.

### **3. From fast food to fitness - this is the youth's choice**



Young people today live in a very fast rhythm. They often turn to fast food and instant products to save time. However, this "convenience" later leads to health problems. Eating foods rich in protein and minerals, drinking healthy fluids, and increasing daily activity are the most effective means of combating obesity. A five-time rational diet creates an environment for the body that is beneficial and effective for losing weight.

Fitness, running, dancing or even a daily walk - all of these things balance the energy in the body and improve the mood. That is why promoting the principle of "from fast food to fitness" among young people is an important social task.

Therefore, it is very important to arouse interest in fitness and sports among young people. Physical activity not only reduces excess weight, but also increases a person's strength, energy and work ethic.

### **Conclusion**

**Obesity is not just a personal problem, but a public health issue. It is a joint effort by families and society to address it.**

**If fast food is replaced by healthy food and inactivity by fitness, we can ensure a healthy generation, a strong nation, and a vibrant future.**

Preventing obesity is not just the job of doctors or sports coaches, but of the entire society.

When the family teaches a child healthy habits, and society creates an environment that supports these habits, a step is taken towards a healthy generation and a strong nation.

Giving up fast food and making fitness and proper nutrition a lifestyle is not only a modern fashion, but also a guarantee of a healthy future.

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