

## Child Obesity

Weight seems to be everybody's major concern these days. Whether it is a factory owner worried about the net weight of his product which uses high tech industrial scales to check for the losses, or a pharmacist using electronic scales for monitoring the correct proportions; weight is everyone's dilemma. Your body weight is another subject that is most talked about. Not just adults, but children in America too are increasingly subject to weight disorders. With the outburst of the fast food tradition and PS 2 obsession, there is no reasoning to why you might be concerned about your kid to be labeled as a "couch potato" by his schoolmates. Of course this is a big matter of concern. The total percentages of kids in USA who are overweight are nearly sixteen to thirty three percent. Obesity is termed as the "second leading cause of preventable death in America".

Many people may disagree that if a child does not take much fats, he or she will not have sufficient nutrients to make him grow well. What they do not understand is the dissimilarity between eating well and over eating. Moreover, studies show that the dietary practice in earlier phase of your life determine your physique for the later phase of your life. Once you have trespassed infancy, your eating habits will determine how heavy you will be when you older. For instance a person may eat a lot as an adult but does not put on much weight; the reason he may not have been habitual of eating a lot when he was a kid. All in all, early dietary habits hold a significant position in your weight for the rest of your life.

Now the query is what is the reasons for child obesity? The main cause may be the genes the child has inherited. If one of the two parents is overweight, this gives the child a fifty percent possibility of being overweight. As for both of them being overweight, the risk is up to eighty percent. However, besides being the main cause, this may not be all. The second most common of the causes is that your child might have improper dietary habits. This may be because of the ever increasing inclination of children towards fast food and junk food. Together with this is lack of exercise. Children who continuously sit on the sofa watching TV or playing videogames tend to become more overweight than the ones who stay energetic and sporty. Other reasons may be relating to the mental development. Children tend to put on weight due to low self esteem or just because they are used to taking too much of stress.

To control weight disorders, the primary area to lay your concern is a healthy diet. However, this may not mean you should put your kids on diet. All you have to do is manage it well. Offer children healthy food to eat like vegetables, juices and fish. Increase the physical movement of your kid, and make him indulge into activities and sports. Also you must talk to your child and figure out what are the mental problems or stress he or she is facing.

You should emphasize on eating meals appropriately at the dining area instead of the sofa. These will continue a habit of sitting straight while he or she dines. Losing weight may not be very easy once you are crazy about food. However, it is not so tough either. All you have to work hard on is a little will power and optimism. Good luck!

## About the Author

Connor Sullivan recently spent time researching [electronic scales](#) for a customer who owns a small market with a deli. He had a customer who was interested in purchasing an [industrial scales](#) for his warehouse. Get a totally unique version of this article from our [article submission service](#)

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