What is obesity?

* Obesity is abnormal or excessive fat that presents a risk to health.

How is obesity a problem?

* It effects our body, and it leads the body to cancer, heart diseases, etc……

What is BMI scale?

* It is a scale that measures my weight if its normal more than my age or less.

Give me at least 3 causes of obesity?

* Cancer
* Heart diseases
* Stroke

How to prevent obesity?

* By going to the gym
* Eat veggies
* Eat fruits
* Eat healthy fats
* And eat protein