

Obesity and Weight Management

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One of the biggest social issues facing the United States is that of obesity or being overweight. The idea that emerges from the study is the contagion effect that exists because it is usual that a partner will also fatten due to shared habits. Articles published that are associated with the latter claim that obesity is socially contagious not only within the couple but also for the general population. It has also been seen that having too many obese friends can increase the chances of an individual becoming overweight to sixty percent. "This news may be absurd, strange and even amusing to many, but provide data that are important to consider in the treatment of disease. In more than one occasion we have seen a person before and after marriage and we have found more fat and has nothing to do with social status that has changed but has altered his lifestyle and does not know why. Beyond the difficulty of maintaining a balance when changing status, an individual should at least try to transform the changes that are not appropriate habits that were practiced when he or she was single.

You may be familiar with women in your life who suffer from obesity which they can no longer get rid of and which occurred just after the wedding. Indeed, first, one might attribute the weight gain to the pill or stress due to the change. But some women are surprised because even after the removal of these factors, obesity is still there. Then they come to different plans and exercise. Again, nothing changes. The body continues to store fat in spite of the little food consumed and the continuous physical effort does yield the desired benefits. Indeed, the battle is elsewhere. This change in metabolism is the source of some beliefs that have fled into the heads of these ladies (Kelly, 2006).

Grinder (trainer) talked about this phenomenon of obesity that occurs with the wedding and was able to observe during coaching one of his clients. Just before the wedding, the client has seen her weight increase without any explanation. She thought it's just excessive consumption of cake and candy and she just needs to regain her regime and sport as she always has. But this time, it did not work and her weight had stabilized and she cannot bring it down.

Grinder realized that the latter grew by itself and unconsciously. How? Indeed, being a part of a very conservative family in the USA, she was very afraid of being approached by another man during her period of engagement; she had obesity as a technique to protect against unwanted attention. Unconsciously, this obesity makes her believe that other men will lose interest in her body and so it will help her remain faithful to her future husband. It is not logical but it is mostly unconscious.

It seemed at first sight surprising and interesting. In our culture, once the woman begins preparing for marriage in some families, she is taught that men like curves. It will take more weight; the more it will be the more she would be appreciated and be able to draw her husband toward her. Some women are so conditioned by the ideas they eventually develop obesity that has nothing to do with the pill or change. This is happening in their head and it's so hard to believe that their metabolism changed completely (Barbour, 2011).

### References

Barbour, S. (2011). Obesity. Farmington Hills, MI: Greenhaven Press.

Kelly, E. B. (2006). Obesity. Westport, Conn.: Greenwood Press.