

Obesity Control Through Physical Activity

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Over time, societal habits have shifted towards a more sedentary lifestyle, facilitated by technological advancements. Everyday tasks such as opening a garage door, changing TV channels, or adjusting car windows, which once required physical effort, have been streamlined through technology. Additionally, the prevalence of elevators and escalators offers convenience by eliminating the need to climb stairs. However, this reduced physical activity (PA) has given rise to various health concerns, including obesity, stemming from inadequate exercise and a sedentary routine. Obesity is a significant health issue linked to a range of diseases, notably heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. It typically results from a combination of factors, including excessive calorie consumption, insufficient physical activity (PA), and genetic predisposition. While there are cases where genetic factors, endocrine disorders, medications, or psychiatric conditions play a primary role, most instances of obesity can be attributed to the imbalance between calorie intake and energy expenditure. Engaging in regular physical activity (PA) is crucial to combating obesity and its associated health problems. The lack of exercise contributes to weight gain, as well as a heightened risk of various ailments. Incorporating physical activity (PA) into daily routines can help manage weight, improve cardiovascular health, enhance metabolic function, and mitigate the development of chronic diseases. It's important to recognize that even minor adjustments, like walking instead of driving short distances, taking the stairs, or participating in recreational activities, can significantly impact overall well-being. In conclusion, the integration of technology into our lives has undoubtedly made many tasks more convenient, but it has also led to reduced physical activity (PA) and increased rates of obesity and related health concerns. Recognizing the importance of staying active and adopting strategies to counteract a sedentary lifestyle is essential for maintaining optimal health and well-being.

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