We’ve all been there. A pair of pants that suddenly feels too tight. A flight of stairs, once an easy climb, that seems like a monumental trek. Your knees, hips and back hurt, and you’re tired all the time.

Q :What are we going to be talking about ? why do we need to be aware of the danger of obesity?

These are all signs that your weight is creeping up. Yet, very few of us realize that as we gradually pile on the kilos, we’re growing closer to becoming an obesity statistic. Data released in October by the World Obesity Federation, a community of organizations dedicated to solving the problem of obesity,shows that the percentage of Indian adults living with obesity is set to jump to around 5% by 2025, from 3.7% in 2014. Urban Indians are getting fatter, and, if you don’t check yourself in time, you’ll have a big problem on your hands.

Q: What kinds of signs are mentioned in the first paragraph?

Q: The last sentence is saying “You’ll have a big problem on your hands” What sort of problems could we have on our hands if the percentage of obesity keeps going up?

Unfortunately, experts say that weight gain is not taken seriously in India until it becomes a serious problem. Usually, people who are aware that they are overweight, lumber on until an annual health check-up reveals high cholesterol, blood pressure or pre-diabetes. “Overweight people are shocked when a doctor tells them they are obese,” says Tina Sapra, a Gurugram-based nutritionist and founder of the DoctorDiet clinic.What they don’t realize is that a minuscule increase on the weighing scale may seem harmless at the time, but, unchecked, can balloon into a problem. “If you don’t watch what you eat or don’t exercise, you can cross over from overweight to obese in just a month,” says Sapra.

Q: When do people usually aware that they are overweight?

Q: What are the results of being aware that they have obesity?

**Gaining insight**

Why are we becoming fat? An inactive lifestyle and unhealthy diet are the main culprits. “White bread, white rice, *phulkas*...the overall intake of simple carbohydrates is huge. The widespread availability of fast food is also a problem,” says Ambrish Mithal, chairman and head, department of endocrinology and diabetes, at Medanta, the Medicity, Gurugram. The higher people rise in the social order, the less they work by hand.

Q: What are two main reasons that we are becoming fat?

Q: What other factors that cause obesity are there ?

A bad lifestyle is the key cause of obesity; contrary to popular belief, the experts we spoke to say genetics or metabolic disorders such as thyroid do not play a significant role. “People are getting metabolic problems because they are obese, and not the other way round,” says Dr Mithal.

Q: Do you have any bad habit that might cause a sudden disease?

Gagan Priya, senior consultant, endocrinology department, at the Fortis hospital in Mohali, dismisses the idea of a single fat gene. “Risk for obesity is determined by several different genes, such as those that regulate appetite, satiety and metabolic rate,” she says, adding that familial risk of weight gain is strongly influenced by lifestyle factors. With childhood obesity on the rise—India has the second highest number of obese children in the world after China, according to a study published in *The New England Journal Of Medicine*—it has become imperative for people find a way to control their weight before they hit age 30. Dr Mithal explains: “As the years pass, a person’s metabolism (the process by which the body converts food into energy) slows down and the body collects more fat. For the same level of diet and activity, we tend to put on more weight. This happens everywhere, but Indians experience it more acutely because we don’t maintain a level of physical activity as we get older.

Q: What can we do to monitor our weight?

Q: Do you have a meal on a regular basis?

**Vocabulary worksheet**

|  |  |
| --- | --- |
| Creep up  | **If the** [**value**](https://dictionary.cambridge.org/dictionary/english/value) **or** [**amount**](https://dictionary.cambridge.org/dictionary/english/amount) **of something** [**creeps**](https://dictionary.cambridge.org/dictionary/english/creep) **up, it** [**slowly**](https://dictionary.cambridge.org/dictionary/english/slowly)[**increases**](https://dictionary.cambridge.org/dictionary/english/increase) |
| on someone’s hand | indicate that someone is responsible for dealing with someone or something. |
| Lull into | To cause one to feel safe and secure in a situation that is actually the opposite |
| Dismiss | treat as unworthy of serious consideration. |
| familial | relating to or occurring in a family or its members. |
| Imperative | of vital importance; crucial |
| vigiliant | keeping careful watch for possible danger or difficulties |
| culprit | the cause of a problem or defect. |
| acutely  | (with reference to something unpleasant or unwelcome) intensely. |
| unmask | expose the true character of or hidden truth about |

**Obesity checklist**

1. **Hunger, constant food craving**
2. **Low blood sugar or high blood sugar**
3. **Low energy and constant tiredness**
4. **Always dieting but never working**
5. **Continous weight gain**

Gap filling

We’ve all been there. A pair of pants that suddenly feels too tight. A flight of stairs, once an easy climb, that seems like\_\_\_\_\_\_\_\_. Your knees, hips and back hurt, and you’re tired\_\_\_\_\_\_.

These are all signs that your weight is\_\_\_\_\_\_\_\_. Yet, very few of us realize that as we gradually \_\_\_\_\_\_\_the kilos, we’re growing closer to becoming an obesity statistic. Data released in October by the World Obesity Federation, a community of organizations dedicated to solving the problem of obesity,shows that the percentage of Indian adults living with obesity is set to\_\_\_\_\_\_\_\_\_\_5% by 2025, from 3.7% in 2014. Urban Indians are getting fatter, and, if you don’t check yourself in time, you’ll have a big problem on your hands.

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**Gaining insight**

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