

## **Obesity**

Obesity is the build up of excess fat in the body most commonly caused by overeating and lack of exercise. When the body is consuming more calories than it is burning the outcome is something that most people don't want to know about... FAT!

There are other factors that can affect people and cause obesity, but the main problem is overeating, lack of movement and just eating the wrong types of foods.

In today's society people are more willing to drive rather than walk, take the elevator rather than the stairs. If you remember my article from two months ago you will remember the way of the caveman always on the move and fit as a fiddle. Be the caveman!

Fat cells are in the body and are more dominant in different areas for different people. In men these cells are mainly around the abdomen, and in women mostly around the hips, thighs, buttocks, arms and abdomen.

To measure how peoples body fat percentage is in relation to their body type there are many ways to do so. Some of these include:

- BMI (body mass index) calculations
- Body fat percentage
- Lean muscle mass
- Body fat mass
- Lean muscle percentage
- Girth measurements

These tests are easy to perform and pain free. At KP Fitness you can get all these things measured with the help of your \_PUSH Personal Trainer. Not only will they measure, but they will also design a game plan to facilitate all of your fitness and lifestyle needs.

What are you waiting for? The New Year is starting and I'm sure there are heaps of you that are looking to make some changes. Get into the gym, meet up with a trainer and get to it. No excuses, no regrets, just great results with a fantastic, entertaining group of fitness friends.

See you at Viva and I hope you all have a happy and healthy year