

By Rico Connor

# OBESITY IN AMERICA

Americans are getting more and more out of shape and unhealthy. More than one-third of our citizens are obese. America is in a fitness crisis, and obesity has been officially designated as a health hazard.

According to the former Surgeon General, C. Everett Koop, being overweight is "the second leading cause of preventable death in the United States." Obesity has been linked to several serious medical conditions, including diabetes, heart disease, high blood cholesterol, high blood pressure and stroke. Obesity seems to have a strong effect on the progression of clogged arteries, and it is also associated with higher rates of certain types of cancer.

Some 300,000 deaths in the United States each year are attributable to the side effects of obesity. The average obese person will die five years earlier, simply due to the diseases associated with obesity.

Living healthy shouldn't start when you're 40. For some reason, many children and young adults have a feeling of invincibility. They lead unhealthy lifestyles, which include smoking, junk food, high fat food, and minimal exercise. They think, "It will never happen to me," but are wrong, and have an increased risk for cardiovascular problems. Many end up with heart disease.

If this article scares you, it was meant to. You can't ignore the many health consequences of letting yourself become obese. Take steps today to start an exercise and nutrition regimen so that you will live a long, happy, healthy life.

## ABOUT RICO CONNOR

Rico Connor is 51-years old and has been training for over 25 years. He is the 2002 Nevada State Bodybuilding Championship Master winner. In addition to writing for *Fun & Fit*, he has been published in *Muscle & Fitness* and *FLEX* and is working on his first book, "Total Health for Life: Mind & Body."

*If you are obese, you have an increased risk of many health ailments:*

*high blood pressure  
cardiovascular disease  
diabetes  
cancer  
respiratory problems  
insulin resistance  
breast cancer  
depression  
chemical dependency  
infertility  
arthritis  
pain  
gallbladder disease  
degenerative joint disease*

