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It's Time To Change The Way We Eat And Exercise

People are getting bigger and bigger in our nation, but that does not just mean taller. There are more people but the problem is not the number of people. It is about the growing problem around the waist of many Americans. America is starting to realize that being fat is not a good thing. It is causing many health problems for people that are putting more stress on our healthcare system. The diseases that are associated with obesity are something that is not easily dealt with and requires a massive outlay of funds. It doesn't matter if you are rich or poor, you will still feel the effects of being fat. And the problems won't go away unless something is done.

In 1776 our country's forefathers started a revolution to break away from England. The only way left to fight the issues caused by being overweight could be a revolution like our forefathers started with a emphasis on changing the unhealthy lifestyle that we are accustomed to. This is not going to be solved by putting on a television show that has everyone following along with the host as they go through a workout of [six pack ab exercises](#) on a Saturday morning. It is going to take a lot more effort than that. We have to change how we consider food in our country. We put the idea of food on a pedestal during parties. Our holidays center more around food than around getting together with family. The focal point of a party needs to be based around things other than the type of food that is served. A celebration should circle around the thing that is being celebrated. When you are talking with friends, you do not have to be snacking at the buffet table.

One important facet of a diet revolution is our children's diet. The media is constantly showing us ads that glorify food, but often times this food is full of things that contribute to the problem of obesity. In the schools kids are given meals and many schools now even provide breakfast. However, the food choices that are offered in these programs are full of things that are not helping the health of our youth. The definition of what is nutritious has become very muddled. In order for children to understand what they need to eat to maintain their health, they cannot be sent these confusing messages by the people who are supposed to be the experts. Unless our kids start changing their eating habits, they will grow up and find themselves overweight only to be searching for a way to learn [how to lose weight fast](#) using some fad diet that might even cause more issues than the weight did in the first place. The issue of obesity can be addressed to the youth of our nation at an age when they are willing to listen and learn.

There is no doubt that technology has made it easier to teach a large mass of people quickly. This ability could be an important asset in changing the way that we eat. Knowledge is a valuable weapon for someone to have, and if they are aware of the effects of living right and eating right, they might decide to try it. The internet is full of a wealth of information and has sites such as the [biggest loser forum](#) that are dedicated to helping people live a healthier lifestyle by sponsoring chat rooms to discuss all of the issues surrounding weight loss and eating right and exercising. If all of the media works together, changes can be made. It might be time to come up with a slogan that will get people ready to change.

It is not too late to stem the rising tide of obesity. Action must be taken. It is time to realize that we are teaching our kids habits that will shorten their lives. More emphasis must be placed on proper nutrition. The availability of fried foods and snack foods must be replaced with foods that have the nutritional value that is needed. If we can accomplish this than obesity might not be the big issue that it is now. There is a place for the luxuries that we enjoy through food. Food should not always be the most important thing about a every gathering. We must do something like this different. And it needs to occur now.

You can also find this article published on [It's Time To Change The Way We Eat And Exercise](#), and on the tag pages [biggest loser forum](#), [how to lose weight fast](#), [six pack ab exercises](#).