

bestonlineessays.com

Fat? Obese? Why You Must Not Give Up Exercising

Name

Institutional Affiliation

Fat? Obese? Why You Must Not Give Up Exercising

Obesity has become a global concern in recent years. Studies have shown that obesity is surmountable, especially, under the watchful eye of a health specialist. Some of the mechanisms of overcoming obesity include dietary changes and healthy eating, exercise and leading a healthy lifestyle. Physical activity is paramount in this case (Kaliebe, 2014). This paper paints a picture of obesity and utilizes psychological and sociological principles to demarcate the challenges that overweight individuals face in their weight loss efforts. The exploration encompasses a scrutiny of different health-related reasons why the obese have to remain resilient in their weight-loss endeavours and the sociological principles which explain the discouragements that overweight people face.

The Bigger Picture of Obesity

Studies have shown that most obese people become overweight without knowing it (Lewis & Gudzone, 2014). What is more, obese individuals only start engaging in aerobic physical activity once their conditions have gone so far from a health perspective. Fundamentally, this means that overweight persons have to exert lots of effort before they overcome the repercussions of obesity. Several years back, obesity was a problem that was predominant among the adult populace and members of high social classes of the society; however, today, obesity affects youngsters as young as three years old (Landsberg, Aronne, Beilin, Burke, Igel, Lloyd-Jones & Sowers, 2013). This is apparent when one visits elementary schools. In many schools, many children are overweight. This health issue has not spared the teenagers either. More adolescents are increasingly becoming overweight. Adults form the majority of the obese population.

In the United Kingdom, it is not uncommon to see overweight adults jogging on the early morning hours of weekends. Interestingly, any by-passer can instantly see the struggles that these adults are facing. The struggles they face typically manifest in their bulging bellies which complicate the physical exercises. It is also common to see certain seemingly healthy people mock their overweight counterparts. While this should not happen, it can act as a motivational factor to stay healthy once an obese person has been able to regain their normal weight back. Many obese individuals lead sedentary lives and consume junk foods which inevitably expose them to further health risks of obesity.

Psychological Principles Explaining the Challenges Overweight People Face

Overweight people face a broad range of problems when trying to exercise. According to Kaliebe (2014), such challenges are physical and non-physical. One of the psychological principles which can delineate the problems that such individuals face is that of socialisation. Overweight people find extreme difficulty socializing with the seemingly healthy individuals. This non-physical challenge is the reason why many obese people become ashamed of their bodies. The common perception is that the seemingly healthy individuals consider their overweight counterparts as unattractive (Rauthmann, Sherman & Funder, 2015). For this reason, the principle of socialisation explains why some obese people opt to do their physical exercise indoors, even though, outdoor physical exercise sessions such as roadside jogging and swimming could have a considerably higher comparative advantage than the indoor alternatives. The major physical challenge is that of the body pains that obese individuals face when trying to move their joints when taking part in physical exercise. Adler-Nissen and Kropp (2015) pinpointed that the difficulties in shifting the weight can cause immense body aches. The psychological principle of

identity and control explains why obese people have limited options for aerobic exercises, especially during their initial weight-loss sessions. Using this premise, it is possible to understand why fat people strive to remain healthy only to end up experiencing extreme physical pain.

Sociological Principles

People with athletic bodies often mock the overweight people. Such mockeries have a destructive effect on the well-being of obese individuals who seek to have healthy bodies. This means that the outwardly healthy people can deliberately or inadvertently deconstruct the efforts that obese individuals exert on a regular basis. The sociological principle of social cognition can explain this phenomenon from a sociological angle. According to Frith and Frith (2012), the social cognition premise asserts that societal members perceive and understand certain phenomena by what they learn from the society. As such, in many global communities, the notion that obese people are characteristically lazy is a predominant one. This has made people with athletic bodies and some of the overweight people to prejudge obese individuals who take part in vigorous exercises. Their biased and misinformed judgments manifest in all sorts of verbal and non-verbal discouragements. Such people fail to understand the genetical proposition that obesity is hereditary, in some cases. This means that the social misconception that people gain excess weight as a result of laziness and inactivity is principally misinformed.

A psychological principle which explains the societal discouragements is that of stimulation. This premise underscores that people gain the stimulation to do certain things based on the interest they earn from doing certain things. This means that those who make fun of exercising overweight people through laughing at them derive a comic effect from such

mockeries. They, therefore, find pleasure in seeing struggling obese individuals exercise which make them jeer at them. In that process, such heckles discourage the efforts of the struggling overweight people from sustaining a positive trajectory to cutting down excess weight.

Benefits of Overcoming Excess Weight

The gains that come after successful weight loss supersede the discouragements that come from different corners. Obese people need to develop a resilient and determined mindset which can play a strong role in maintaining a sharp focus in their journey towards having healthy bodies. Firstly, there is the sense of attainment that comes upon successfully cutting down the excess body weight and fat. Such a sense of achievement can bring an intense feeling of contentment. Lewis and Gudzone (2014) has argued out that the subsequent satisfaction can inject an impetus for attaining other significant goals in life.

Secondly, eliminating excess weight enhances libido. Libido enhancement results due to an increased number of crucial sex hormones such as testosterone (Kaliebe, 2014). Excess body fat minimizes the chances of sexual hormones becoming active. This implies that when overweight people work hard enough to overcome their current body states, they can have an improved sex life.

Thirdly, when the obese maintain their weight-loss consistency, they can several health benefits. Such benefits lead to longevity (Landsberg, Aronne, Beilin, Burke, Igel, Lloyd-Jones & Sowers, 2013). For instance, when one develops coronary complications they risk losing their lives, which means, a shorter lifespan. Sui, Grivell, and Dodd (2012) articulated that there are several health risks linked to obesity. These include diabetes type-2, liver disease respiratory complications, heart disease, high blood pressure, renal failure, endometrial and breast cancer.

Through overcoming obesity, overweight individuals can, in actual fact, have an optimal blood pressure, reduced risk of cancer and respiratory complications, and coronary artery disease. It is possible to summarize the desirable health outcomes through a boosted immune system. Healthy individuals who have better immune systems have lower chances of catching infectious diseases.

Additionally, overcoming obesity results in an attractive posture. If overweight individuals can overcome their excess weight, they can have the athletic bodies which they desire. This can make them fit into their societies and workplace settings easily. For this reason, they can enjoy more satisfying lives that are void of mockeries. In other words, the obese people who maintain their determination can eventually join the class of healthy and athletic people. Moreover, the former overweight individuals will enjoy better social relations at the family and communal levels round the clock due to the absence of the fear of mockery and discrimination on the grounds of their weight.

Conclusion

This paper asserts that it is imperative for overweight people to have an intense sense of self-determination if they are to attain the health-related goals of overcoming their current health states. Sociological principles can provide a critical basis through which the obese can develop an intrinsic sense of self-motivation for overcoming the physical as well as the non-physical issues that surround their weight-loss attempts. From a fundamental angle, sociological principles underscore that those who mock others largely do so because they do not have an intricate understanding why people have to do certain things at certain points of their life. This discussion, therefore, aims to inspire overweight people to align their exercises with the goals

they intend to achieve from prevail over obesity. Although it might not be easy, it is true that obesity is surmountable.

bestonlineessays.com

References

- Adler-Nissen, R., & Kropp, K. (2015). A sociology of knowledge approach to European integration: Four analytical principles. *Journal of European Integration*, 37(2), 155-173.
- Frith, C. D., & Frith, U. (2012). Mechanisms of social cognition. *Annual review of psychology*, 63, 287-313.
- Kaliebe, K. (2014). Rules of thumb: three simple ideas for overcoming the complex problem of childhood obesity. *Journal of the American Academy of Child & Adolescent Psychiatry*, 53(4), 385-387.
- Landsberg, L., Aronne, L. J., Beilin, L. J., Burke, V., Igel, L. I., Lloyd-Jones, D., & Sowers, J. (2013). Obesity-related hypertension: Pathogenesis, cardiovascular risk, and treatment—A position paper of the The Obesity Society and the American Society of Hypertension. *Obesity*, 21(1), 8-24.
- Lewis, K. H., & Gudzone, K. A. (2014). Overcoming challenges to obesity counseling: suggestions for the primary care provider. *Journal of Clinical Outcomes Management*, 21(3), 123-133.
- Rauthmann, J. F., Sherman, R. A., & Funder, D. C. (2015). Principles of situation research: Towards a better understanding of psychological situations. *European Journal of Personality*, 29(3), 363-381.
- Sui, Z., Grivell, R. M., & Dodd, J. M. (2012). Antenatal exercise to improve outcomes in

overweight or obese women: a systematic review. *Acta obstetrica et gynecologica Scandinavica*, 91(5), 538-545.

bestonlineessays.com