

Obesity may be defined a medical condition whereby the excessive accumulation of body fats causes an adverse effect on a person's health, leading to a shortened life expectancy as well elated health concerns. Obesity has been associated with the occurrence of various diseases, especially those associated with heart diseases, certain types of cancer, type 2 diabetes as well as breathing problems during sleep. This particular epidemic is regularly caused by several combinations of misappropriate dietary calories, exposure to genetic susceptibility, psychiatric illness, as well as disorders associated with the genes or the endocrine system (NHLBD, 2010, 1).

Confirmation to sustain the view that a number of obese people eat modest yet put on weight owing to a slow metabolism is inadequate; on standard obese people have a superior energy spending as compared to their thin counterparts due to the energy necessary to sustain an increased body mass. Various organisations such as the grocery manufacturers of America (GMA) have shared concerns with the light of reversing the case of childhood obesity as well as promoting healthy eating habits. For instance, the GMA board have initiated an international strategy on health and food and commences by outlining their dire commitment to the whole issue.

As part of many nutrition experts' belief, GMA also believes that solving the obesity predicament involves maintaining a healthy way of life as well as achieving the required energy balance. GMA argues that it is due to the lack of a balanced diet together with the deficiency of standard, day by day physical activity that usually leads to several mental and physical conditions such as diabetes, heart disease depression as well as overweight.

In particular, the increase in obesity is the consequence of numerous and complex factors. All of which bundled together have adverse blow on a person's physical and nutrition activity choices. According Katic (2004), the creation of new restrictions bans or burdensome regulations, taxes, with the aim of reversing the obesity issue will have no motivational effect to the students, guardians as well as the whole community to take the necessary steps to recover their overall health (1-2).

Kushner (2007) argues that if we are to assist students to build up and to sustain healthy lifestyles for the long-term, then it is our duty to provide them with the necessary tools and resources necessary (pp.158).