
Food Fitness Figure: Proposed Fitness and Rehabilitation Camp for Obesity

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ABSTRACT

The Proposed Project is entitled, FOOD-FITNESS-FIGURE: Proposed Fitness and Rehabilitation Camp for Obesity. It focuses on the study of obesity in the country on how an architectural solution could help this problem as people are eating much more than they used to. Obesity used to be a problem in developed nations ; however, the trend has spread worldwide. Modern-day sedentary lifestyle is the most prominent reasons for obesity. Lack of exercise and physical activity leads to excess accumulation of fat in the body. This occurs because the excess calories and fats do not get burnt regularly. On the other hand, improper diet, wrong eating habits, eating junk or fast food, heredity, genes, psychological factors, etc., are the other possible causes.

People who are obese often lose hope from losing weight because they think they have to lose a lot of weight before any benefits are experienced. This is not true. Any obese person who loses just five to ten per cent of their body weight will have significant improvement in health. This would mean between 12-25 pounds for an obese person who weighs 250 pounds. It is important for patients to realize that a small drop in weight is a good start and a great achievement. Experts have found that obese people who lose weight slowly and constantly, say one or two pounds each week, are more successful in keeping their weight down when they have reached their target weight. As an answer to the problem, this study will develop an architectural design, concept, and an effective program to investigate and study possible ways in developing different aspects that will be a solution in eliminating excess weight and maintaining a healthy lifestyle.

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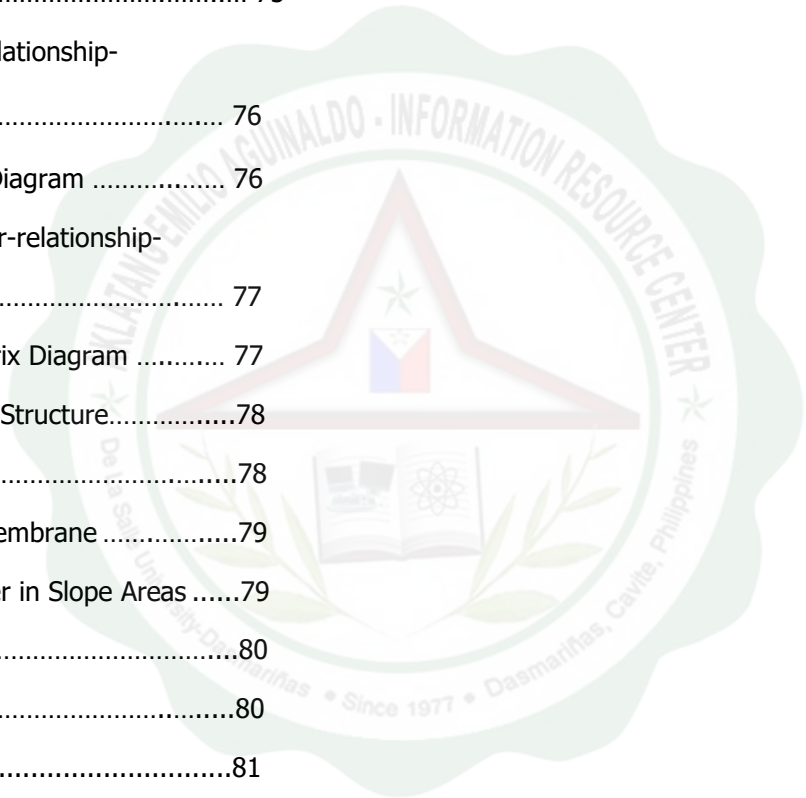
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