CHAPTER 5



## **Increasing Prevalence of Obesity and Role of Exercise**

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KEY WORDS Physical Activity. Body Fat. Body Type. Age. Sex. Diseases

**ABSTRACT** Health fitness professionals feel that programs to control creeping obesity, because many of environmmental factors that contributes to the development of creeping obesity can be effectively modified. In this paper an attempt has been made to evaluate increasing prevalence of obesity and role of excercise.

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