

# OVERWEIGHT

*Meaning: Overweight refers to having a body weight that exceeds the normal or healthy range, often associated with increased health risks.*

1. Many health issues can arise from being overweight, including diabetes and heart disease.
2. The doctor advised her to follow a balanced diet to manage her overweight condition.
3. Children who are overweight are often at risk for bullying and low self-esteem.
4. Regular exercise and proper nutrition are key factors in preventing overweight problems.
5. Society's perception of overweight individuals can sometimes lead to stigma and discrimination.
6. Many health experts recommend regular exercise to help those who are overweight.
7. The doctor advised her to adopt a healthier diet to manage her overweight condition.
8. Overweight individuals may face increased risks of various health issues, including diabetes.
9. Losing weight can be a challenging journey for those who have been overweight for years.
10. Public awareness campaigns aim to educate people about the dangers of being overweight.

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