

## **Original Feature**

### **The importance of health eating in bid to stop obesity epidemic**

In the UK, today, 1 in 5 of us is obese. Whilst 1 in 10 children are regarded as clinically obese. But, irrespective of the health implications, the protuberance of the British comes at a monetary expense as well as debilitating human cost.

The UK economy exceeds spends annually of over £3 billion pounds in relation to obesity. A figure that will continue to proliferate if action is not taken. Therefore, at the risk of making light of the issue, how can we fix the problem of obesity, belly fat, bingo wings, and muffin tops?

The answer is easily through education, exercise, easing portions and diet. The ubiquitous “eat less, move more” mantra has been instructed by health professionals country wide. Whilst, explorations of the issue have also proved that small, simple changes in lifestyle and nutrition intake can make a noticeable difference.

By expunging carbohydrates, fats, refined sugars and replacing with aforesaid natural foods, a mass reduction in weight loss can be achieved. This accompanied with increased daily keep-fit and portion control may go some way to assisting our circumvention of a full-blown future epidemic.

## **Copy Edited Feature**

### **Healthy eating – saving your wallet and your waistline.**

In the UK, 1 in 5 of us is obese. Whereas, 1 in 10 children are regarded as clinically obese. But, irrespective of your size, healthy eating is a wise investment since bad diet impacts our health, our economy, and our pockets... Those who choose fresh over fatty foods are more productive, happier and healthier. So, how do we change a lifetime of habits and reduce the cravings?

Firstly, healthy eating is about balance not denial. Small, slow, simple steps to improve your health and outlook.

Below are the three main points to keep in mind;

1. Smaller portions – what you like just less of it. Hint – serve meals on a smaller plate.
2. Eating slow – speed eating disrupts your body chemicals indicating fullness. Hint – chew more and savour your food.
3. Simple – always include half a plate of fruit and vegetables at each meal. Remember “fats” are not bad just need to be eaten in moderation.

Couple the above, with an increase in exercise, and you will not only be happier but richer. Healthier individuals benefit from reduced life insurance premiums and downtime from work. Why not start eating healthier today?

