



## Why are we fat? The Real Facts

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### **Who or What is to blame for us being overweight?**

Too many overweight people are roaming the world, but "who" or "what" is to blame? The Surgeon General says, and clinical studies have proven, "We are the unhealthiest generation ever". And you know what is really scary? Our children are growing up just like us.

Obesity has been declared an epidemic. Is it in the genes we inherit? or is it really that extra cookie, or second helping? What has changed over the past 100 years that could attribute to the epidemic of obesity?

Technology is the big one! 100 years ago, almost everything was done manually. Just think about life in early 1900, no Maytag Neptune washers, no Hoover vacuum cleaners, and no microwave ovens. If you wanted to cook, you chopped wood and built a fire! There were no cars, people walked, and rode horses, or used bicycles. How would you get upstairs? you could not take an elevator, or escalator, they were not invented yet! You climbed the stairs yourself. Back then, people just burned more calories than we do in everyday living today.

Technology changed our lifestyle! We have machines for just about everything, cars to take us where our feet used to take us, and food is everywhere at our fingertips. What a wonderful age we live in! Food, delivered to our doorstep, or pick it up in the car at the drive-thru, every waking minute of the day, 24/7. No wonder we are Fat!

When our ancestors lived off the land, they had no access to the food that the big corporations are giving us today, drenched in fat and laced with chemicals. This has made our bodies very susceptible to collecting and storing large volumes of fat.

Also the modern "power foods" of today give us so much energy and is loaded with so much salt, sugar, fat, etc.. that our bodies simply don't know what to do with it all. So it just saves it for later, except later never comes. And with the lifestyles that many of us now lead, it's literally a recipe for disaster!

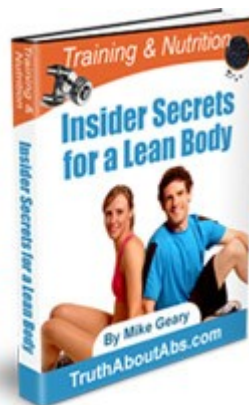
To resolve this issue and to prevent long term damage, you need to get your body back into shape. Typically, to do this, you would need to eat less energy(calories) than you burn, which will make your metabolism have to resort to burning some of that excess fat it stored. So you would need to do at least one of these two things:

- 1) Eat less food, or
- 2) Do more exercise to burn more energy.

**But...**

We have done a lot of research and testing on many weightloss plans and products over the years for our international wellness business and for our members here based in New Zealand, and if you are looking for a low cost but effective way to lose weight fast, we recommend that you learn about this new dieting method that will **still let you eat all the foods you love**, and that will **NOT** require you to go to the gym or buy expensive workout machines. Take a minute and [go here](http://www.diet1.live-well-now.com) (www.diet1.live-well-now.com) to learn all about this **new dieting breakthrough** that will teach you that **Food is Not the Enemy!**

## **Lose Belly Fat Fast & Easily**



Pick up this **FREE** Fat Loss eBook at [www.live-well-now.com/weightloss](http://www.live-well-now.com/weightloss)

