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# HOW TO BE HEALTHY DURING A PANDEMIC

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## INTRODUCTION

At the dawn of the year 2020, the world began to experience the most unpredicted, unanticipated, and shocking event since World War II. The coronavirus took the entire human race unaware and ushered in a halt to life as we all have known it. Lives were lost, companies downsized to maintain survival, economies shutdown and human activities had to be brought to a halt. For the first time in about a century, the entire human race retreated to find cover in the safety of their homes as physical human contact was reduced to curb the spread of the deadly virus. Governments of different countries across the world followed the rules given by the World Health Organization and asked its citizens to stay at home or, in popular terms, go on a lockdown.

Going to work and holding down a job no longer mattered. All that mattered was survival and to that, everyone had to get holed up at home. This was a first-time experience for our modern world. For about two to three months, human activities were at an all-time low as the pandemic ravaged lives across the world. Boredom became almost a human companion because every known human distraction was taken off. No more weekend games or hanging out with the boys for a bottle of beer or even shopping with the girls. Worst of all, the world of sports also went on a break as the players themselves needed to be on lockdown.

Chatting, watching movies and social media trends were the only possible getaways for people. But for most persons, eating became almost a natural distraction. It has been observed that boredom makes people develop an unhealthy affinity for food and the lockdown proved this to be true.

Within the first few months of the lockdown, studies revealed that over 60% of American adults gained weight. Most health experts attributed these weight gains to unhealthy eating and poor dieting. Most persons ate anything and at any time. With no gym to burn off the unwanted fats, most persons developed health-related issues. The excessive weight gain during the lockdown exceeded that of the holidays. The extra time was largely spent in doing anything pleasurable. Most fitness enthusiasts lost their appetite and motivation to work out at home, and some fell into severe

unhealthy habits. It was reported that alcohol consumption shot up by 23% during the pandemic. The lockdown helped curb the spread of the pandemic and the health effect of being in the lockdown for some became a source of concern. It is said that health is wealth; therefore, your health should be prioritized. Unfavourable situations are unpredictable, but despite that, we must know how to stay healthy. Staying healthy is not limited to working out but also eating right and the lockdown revealed that many people do not know how to eat right. Some awful and hilarious food combinations were experimented on by people who just wanted to keep busy, but they didn't know that these trials were hazardous.

History has shown us that we may not always be prepared when these invisible human enemies come, but we can best prepare ourselves to stay healthy. There are lots of advantages of being healthy, as will be discussed in this book and it is important that health tops your budget list. The bulk of this book focuses on how to stay healthy during a lockdown. As earlier stated, any disease or situation can take the world unaware, but the best that can be done is to be prepared. Should a lockdown happen and you are unable to go to the gym or go to work or have fun on the beach or something, you should be able to stay healthy. Different chapters address different matters. One chapter talks about the effect of the pandemic on our health, while another chapter discusses the challenge posed to our health by weight gain. The take-home package of this book is the chapter that deals with a healthy diet and how to make them.

See this book as your go-to manual in time of a pandemic, not that we want one to happen, but you know that this is life and certain realities might be inevitable, so we can't be too prepared. The next few pages of this book are lifesavers. Stay glued to them!

# 01

## HOW OUR HEALTH HAS BEEN CHALLENGED

The Coronavirus disease (COVID-19), which was first noticed in 2019 and came to the fore at the dawn of 2020, attained a pandemic status and became a global affair affecting everyone and every race. The world was almost in a survival race. Every country sought a way to defeat or limit its spread, so it was decided that a lockdown was the best option. This lockdown was the first of its kind in the new world. The last time the world was in such turmoil was in 1918 when the flu was being battled. Most persons who witnessed the flu either sadly died or were elderly so the issue of a lockdown was relatively new to the new world. For most people, the lockdowns and quarantines imposed by governments to slow the spread of the virus have been the first time their freedom of movement and daily life got severely restricted. Previous pandemics, such as the Hong Kong flu in 1968, brought guidelines on hand-washing and social distancing but did not require a total lockdown.

### Why the Lockdown?

During the early stages of the virus, not so much was known about it and the World Health Organization was not close to getting a vaccine. At that time, it was speculated that it could take up to two years or more for a vaccine to be developed and then administered.

Countless number of people were dying and much of the apprehension was caused by the fact that the virus looked mysterious and alien to anything the world had seen. After a while, it was discovered that a possible way to curb the spread of the virus was to limit physical human interactions such as handshakes, hugs, and other forms of tactile gestures that represented physical human relationships.

To fully enforce this, different countries asked its citizens to stay at home indefinitely until there was considerable progress in research. China was the first to implement a complete lockdown in Wuhan

where it was first discovered, after which, at least 16 other cities tried to contain the virus, then the world followed, which can now be described as the largest quarantine in human history.

This new stay-at-home order was not like a holiday or vacation where you had your pubs, spa, malls, luxury hotels, and fancy restaurants in operation.

Economic activities were shut down and all that left in operation were pharmacies and stores where people could access food items and sanitary materials. There were no visitations or grand celebrations taking place. Organisations and business meetings took place virtually. Everything was changed. Slowly, every day began to look the same because the activities that gave each day meaning were no longer there. Boredom became almost an unwelcomed presence in different homes. For months, this cycle continued and people stayed at home hoping for a glimpse of light in our fight against the virus.

### **How effective was the lockdown?**

The lockdown was the first big step taken in our quest to limit the spread of the virus across the globe. Different studies proved that the lockdown was essential in preventing further loss of human lives. Although the economic implications of the lockdown were severe, it went a long way to buy the world some time to figure things out. People died from the virus around the world; however, a potential loss of more lives was prevented.

Studies showed that there was a fall in infections in countries such as China, Germany and Spain after lockdown measures were implemented in those countries. In China, it was observed that there was a drop at the rate at which the infection level doubled. Prior to the lockdown, it took two days for the number of infected cases to double up, but during the lockdown, it took about four days for that to happen.

Furthermore, experts said that Italy's five-week lockdown prevented about 200,000 people from getting admitted to the hospital from cases related to the virus. Also, there was a 45% drop in the transmission rate of the virus during the lockdown in Italy.

At the beginning of April, the lockdown combined with other measures such as travel restrictions and social distancing was speculated to have prevented about 530 million infections across China, South Korea, Italy, Iran, France and the USA. From the reports above, it can be agreed that the lockdown was quite effective. On the other side of the coin, it came with its own challenges. One major challenge posed by the lockdown was the untold hardship low-income countries suffered. Some countries in Africa, Asia and Latin America were severely affected and became

economically vulnerable as a result of the lockdown. Another effect of the lockdown, which probably is the most severe, is the health challenges it posed. While the virus raged outside, the lockdown became an avenue where people developed health concerns that threatened their overall wellbeing.

### **The health challenge posed by the lockdown**

The lockdown negatively impacted the health of people around the world. Parents and children alike battled the effect of having their life paused by the pandemic. Research showed that the lockdown affected people's health mentally, emotionally and physically. It is important to know how the lockdown affected the health of people to be best prepared for it. Most times, people are anxious because they have no clue what they are dealing with. This uncertainty creates anxiety and depression in people.

It is important to note that health care became a priority to those with covid-19 related cases during the lockdown, which meant that other health concerns, though severe, were considered secondary. The surge in the number of positive cases became almost too much for the health sector to handle. Most countries solicited help from private citizens to donate their properties to be used as isolation centres because most health facilities were filled up and the cases increased daily.

This situation is common during a lockdown. For instance, if you had a headache, you might not access your doctor as freely as you could because your case was considered less important and not of high priority. For these reasons, it is important for everyone to know how to stay healthy should another lockdown happen.

This book seeks to address lockdown and the health of individuals. The covid-19 inspired lockdown will probably not be the only lockdown that the world will experience, this book will prepare you ahead of time to stay healthy in every aspect of your life.

Let's discuss how the lockdown affected our health:

### **Mental health**

The lockdown left a lot of people already suffering from mental health concerns with fresh issues to deal with. Most online sites that deal with mental health-related issues reported a surge in the number of people that called them for help. School children were distraught at not having to go to school, while adults were frustrated by not being able to work. Some families battled the concern of losing

their jobs as most companies and organizations cut down on their staff to ensure their survival. If the lockdown had not come in, people would have continued their lives. This is not to say that the lockdown was detrimental, but to point to the fact that the pandemic came with a lot of disadvantages that exceeded its economic impact.

Some persons got into depression because they could not see the people they loved. For some, the fear of losing a loved one left them paranoid, while others suffered severe inconveniences. A doctor at a medical facility in Texas said he witnessed about 40% increase in the number of people that called because of mental health problems during the first few months of the pandemic.

The mental instability triggered a bridge in most relationships. Couples got frustrated at spending so much time with their spouse fighting and some could no longer bear the toxic behaviour of their partner and asked for a divorce. Within the first few months of the lockdown, most couples filed for divorce from their partners, and experts traced this to mental health-related crisis. In some homes, domestic violence became prevalent. Suicide cases also escalated. In the chapters ahead, taking care of your mental health will be discussed in detail.

### **Eating disorders, weight gain, and poor physical health**

During the lockdown, it was gathered that the increased time people had to spend with family and to be idle couples with the lack of gym facilities and an upset to fitness routine intensified eating disorders in some persons. Some persons could not access their prescribed diet and had to rely on food that was not compatible with their health. Vegetarians found it hard to stay with their diet and some on a strict diet fell short of their standard. Most person's emotional health got wrecked by anxiety and depression and as such, some of them got into emotional eating. For most people, when things get tough or stressful, they tend to find comfort in food. Some people overeat or binge-eat several times a week to suppress negative emotions or fill a void. This overindulgence also gives room for poor self-perception and also triggers excessive weight gain.

During the lockdown, most people looked out for what would give them temporary emotional relief or whatever would trigger the feel-good factor in them and most times, food supplies this emotion in many people. During the lockdown, most homemade meals were high on calories, and most people who eat on impulse do not consider the nutritional value of what they eat. The lack of outdoor exercise also meant people struggled to stay fit, and some got excessively out of shape. People who were enthusiastic about being fit suddenly lost track of their routines because facilities were shut down and they lost the motivation to work out.

This excessive weight gain left people with fresh health concerns such as diabetes, high blood pressure and increased sugar level. All these show that the major concern in a pandemic is not only about containing the virus or disease but also ensuring that people are healthy and fit.

In the next chapter, we will look at how the things we eat can affect who we are and how we look.  
Read on!

# 02

## YOU ARE WHAT YOU EAT

There is something very humorous about the lockdown. Most persons went into the lockdown looking like models, all fit and muscular, and by the end of the lockdown, they could not even describe how they looked. For some who looked for every opportunity to flaunt their biceps, post lockdown was all covering their clothes and keeping it simple. The secret to the change in people's physical appearance is simply tied to their diet. As simple as a plate of cake and a cup of ice cream or a plate of Kentucky Fried Chicken, it could decide how appealing, comfortable, and ultimately healthy look. Eating is the most pleasurable human activity that is available for all age groups. Unlike sex, which is restricted to people within the age of consent or, in simple terms, people whom the law recognizes to be adults, food is open to everyone at any age.

The first thing a person is given when they are born is food. It could be natural breast milk or something else, but the human body and food have this relationship that continues until a person's last day. This age-long human companion wields so much power over one's health, the human body and mind that most persons are not aware of.

### **Food, the key to health**

The debate over what constitutes a healthy life has been ongoing for quite a while until recently when it became generally agreed that there is a relationship between food and health. Health experts have attributed many health concerns faced by the elderly to the detrimental choices they made in their 20s and 30s as it concerns their diet. Sad enough, not everyone realizes the magnitude of power that proper eating time holds. Probably if everyone realized this, some trips to the doctor would probably be spent at the spa or somewhere more fun. The phrase "you are what you eat" has been around for over a century, and it has done its best to open people up to the power their choice of diet holds over their health. During the 1800s, a similar phrase was used in French and Germany to imply that food controls a person's health.

Thomas Edison, the great American inventor, gave a quote, "*We are digging our graves with our teeth,*" which was actually revised in late 1600 by the English physician and naturalist Thomas Moffett: "*Men dig their graves with their own teeth and die by those fated instruments more than the weapons of their enemies.*" Our health is a product of what we decide to put into our bellies. "You are what you eat" implies that what you choose to eat impacts your body and overall health. In a recent statistic published by The Centres for Disease Control and Prevention on the causes of death in America, the result showed that many nutritionists and health experts believed that eight of the top 10 causes of death on that list were directly related to people's nutrition and lifestyle.

### **The pain of pleasure**

While food is a pleasurable activity, it is not primarily meant for pleasure. For instance, most healthy meals and balanced diets might not be as pleasurable to consume as eating your favourite French fries or KFC. Studies have shown that most regular 9-5 workers indulge in the unhealthiest lifestyle regarding their nutrition. Some persons rely all day on coffee and sometimes exceed the daily dose of caffeine. Lots of fries and takeaways alongside soft drinks and ice cream. Out of pleasure, some people eat what their body and health do not need. Our bodies rely heavily on a balanced diet consisting of more proteins, vegetables, water and a little bit of fat and carbohydrate. Most persons overindulge the body in drinks highly dosed with sugar and food heavily soaked with fat because they feel nice to eat. Eating your favourite dessert is pleasurable, but it is important to watch and ensure you are not exceeding the daily calorie limit. Else, you might sure be digging your own grave with your nice set of teeth.

### **All part of you**

Eating goes beyond filling up a hungry stomach or doing something to pass the time. During the lockdown, most people ate to pass the time than to quench their hunger. During every lockdown, it is important to note that the excessive time available will leave you hungry, and sometimes, you stand the chance of overindulging yourself in the wrong diet. Most persons have experienced alarming weight gain and emotional fluctuations. These problems in emotions have been traced to their diet. Eating affects every part of you. You are indeed what you eat. In case of a lockdown, it is important to note that how healthy you will be during and after the lockdown is based on how healthy you eat. Food affects every part of you. Your physical appearance, your mood and emotions and even how you think are results of the things you feed on. To experience health in all these areas, eating right is highly recommended.

## **Food and your appeal**

The goal of some people is to look "young, rich and attractive." Now, while it is not scientifically proven that food will make you rich, it has been medically agreed that your diet can help you stay young and also make you physically appealing. Have you ever gone to your closet and discovered that your favourite trouser no longer fits? Is your preferred shirt looking like a crop top? Then you must have added some pounds. Those pounds did not come on their own. They came with the plate. Exercise is not the only thing that shapes your physical appearance. What you slide into your stomach is even more effective in determining if you will have your dream figure or you will have to keep dreaming for a while.

Eating the wrong diet will result in weight gain and this weight gain changes how we look. The face adds more flesh. The thighs grow bigger. The stomach seems to protrude and expand. These changes in the body boil down to the fact that the body has taken in more calories than needed. Most of these calories come from fatty foods. These fats become stored up in the body. The World Health Organization said that overweight and obesity are results of energy imbalance between calories consumed and calories expended. Exercise will help burn off these unwanted fats but eating right will keep the body in the right position. It is important to state that no single food has the sole power to make you excessively fat, but eating the wrong diet and not exercising will leave us experiencing an unwanted change in our body. Processed foods high in added fat, sugar, and salt are very well guaranteed to do the job of making you look bigger or fatter than you would like to.

## **Weight in the lockdown**

The primary cause of weight gain during a lockdown has been traced to overeating or a sedimentary lifestyle. During a lockdown, people are excessively inclined to food and stand the chance of eating more than they need. During a lockdown, most persons routinely eat, sleep, watch the TV, get on social media, and then back to the kitchen. At the end of these risky routines, the person's physical appeal would have been altered. No one likes to hear an unwanted compliment such as "hey, you've grown fatter". It is almost like a knife in the chest.

## **Food and the skin**

Another side benefit of the right diet is that it gives the skin the right foundation to glow. Eating right and healthy allows the body to produce collagen, which is responsible for skin elasticity. Too

much of refined sugar is unhealthy to the skin, in that it attaches to collagen and breaks it down. This process, which is called glycation, results in fine lines and wrinkles. Everyone wants a pretty skin, but to get it, we have to watch our diet.

## **Food and the brain**

The brain is responsible for a person's thought life, senses, movement, breathing, heartbeat and mood. The brain never goes on break or takes time off in a day. It is always working all day long. For the brain to perform constantly, it needs something to act as fuel, and that fuel is what we eat. All these show that there is more to food than filling the stomach. Food affects not just our hungry stomach but every part of us.

For the brain to produce and work effectively, it needs to be fed properly. To put it in a simpler term, what we eat directly impacts the structure and function of the brain and, ultimately, a person's mood.

Many emotionally fluctuating people are the way they are because of poor eating habits or the quality of food they consume. When high-quality foods that contain lots of vitamins, minerals, and antioxidants are eaten, they nourish the brain and protect it from oxidative stress. Consuming mainly processed foods and meals that are high in refined sugar are quite harmful to the brain. Aside from affecting the regulation of insulin in the body, they also result in oxidative stress. Studies have also proved that mood disorders such as depression can occur when the brain is not functioning as it should. As stated earlier, our diet has a huge role to play in the health of the brain. For many people, it might come as a shock that there is a relationship between food and mood, but it should be noted so one can pay maximum attention to what they consume. Research proved that those who eat traditional foods or food with a high concentration of nutrients stand a lower risk of being depressed than those who consume refined and processed food.

Traditional foods tend to be closer to nature in that they contain more vegetables, fruits, unprocessed grains and fish with a small number of lean meats and dairy. Take some time to observe how you feel when you eat food that contains mostly vegetables and how you feel after eating junk food. Some persons said they felt fit and better about themselves.

## **Food and the cell**

Food is an essential factor in health because the nutrients from what we eat provide structure, function, and wholeness of every little cell in our body, from the skin and hair to the muscles, bones, digestive and even immune systems. We may not feel what is going on in the body when we eat, but we are constantly repairing, healing and rebuilding our body via our diet.

Lots of activities take place in our body every day. For instance, our body is in the business of producing new cells every day or replacing the ones that are no longer functional, and to do this, it requires the nutrient from what we eat. When all we consume are highly processed foods, we give our body little or nothing to work with. Our body instead relies on a diet highly rich in nutrients. So what we eat goes beyond feeling good. It is responsible for the daily transaction our body undertakes. Healthy food will include food that is free of additives, colourings, flavourings and sweeteners.

## **Health concerns**

Most diseases that people battle are related to what they eat, especially foods that contain chemical additives and ultra-processed foods. These foods increase the chances of getting diseases into the body and affect some vital organs. Ultra-processed foods such as those in restaurants or fast foods are prepared to make them extra tasty because additives are added to them. These kinds of foods are becoming popular, affordable and available. Most persons indulge in them to satisfy their cravings and hunger, but most of these foods lack essential nutrients. Processed foods like canned foods, sugar-coated dried fruits, soda, sugary or packaged snack foods, packaged bread, buns and pastries, fish or chicken nuggets and instant noodle soups are not totally healthy for habitual eating.

During a lockdown, it is important to focus on eating whole foods rather than these quick fixes. Most persons live mainly on snacks and fail to realize that it is heavily detrimental to the body. While you might be tempted to overindulge, realize that there are some risks associated with the wrong diet.

The next chapter will focus solely on the risk of gaining weight or, let's say, what happens when you get overweight.

# 03

## RISKS OF EXCESSIVE WEIGHT GAIN

The conversation of this book is centred on knowing how to live a healthy life during a lockdown. Having discovered that a lockdown can hit any time and take everyone unawares, it is safer to be armed with knowledge. Most persons who do not pay attention to their health during a lockdown end up with health conditions that could have been avoided.

### **Lockdown routine**

In the first few months of the lockdown, a survey was taken on how most families spent their lockdown and the discovery was alarming. It was discovered that most persons spent their day in unhealthy activities. The excessive free time most persons had was a bit alien to them. People were used to their daily work-inspired routine that they did not know what to do with the bundle of free time they had. The absence of social events and gatherings amplified the boredom people were saddled with. A computer analyst whose firm had shut down said he got so bored that he lost track of time because every day looked the same. To make himself happy, he resorted to drinking. Most activities people do to cope with boredom are always triggered by emotions that need immediate gratification and sometimes they always prove to be detrimental to the health.

The survey discovered that young people spent most of their time on their phones using social media or watching TV while older folks (people above 60) slept, ate or did nothing meaningful. The rate people consumed food spiked. It was gathered that most grocery stores ran out of supplies in a week than they did in six months. Most of what people purchased were processed foods, canned drinks, salted meat and other foods that are risky for the health.

It was also realized that many people during the lockdown gave up on their personal care. People stopped looking after their health and began living a sedentary lifestyle. Even people who were enthusiastic about fitness gradually lost track of their routines. Although gyms were shut down,

people could take care of their health by watching what they ate and also engaging in some indoor sporting activities.

The major concern of most persons during the lockdown was to avoid getting the virus. People stopped paying attention to their personal wellbeing. Most persons developed health issues because they were not eating right. For some, the meals they had in-between consisted of sugary processed foods. Little attention was paid to eating right or even watching the combination. Of course, these data cannot be generalized as there were some people who used the lockdown to stay fit, but a majority of the population of the world fell into the category of the people who stopped being diligent in watching what they eat.

### **No movement**

One of the major reasons eating in lockdown has to be done with diligence is the lack of movement. People who live in areas where it was needed to observe strict lockdown rules could not go out for a walk or a run. Before the lockdown, the daily activities of people helped them move their bodies or stretch a bit. Some persons walk down to the bus or train station while others walk on the stairs in their offices. All of these activities had significant effect on the body. During a lockdown, there is a high possibility that outdoor movement will be restricted. Out of caution, you might not want to go out for fear of getting the virus yourself. So, physical movement tends to be limited.

The elementary lifestyle on its own poses a threat to people's health. As stated earlier, eating is the most indulged activity in a lockdown, and when people eat without exercising, fat is stored up. This lack of movement or physical activity leads to body pains and puts those with heart-related concerns at great risk of worsening their condition. It is safe to say that during a lockdown, inactivity is the major source of health concerns. When people eat and do not expend energy, the body is endangered.

### **Dangers of a sedentary lifestyle**

This is probably one of the biggest disadvantages of the lockdown. Everyone must have had a friend or relative who seems to have a bond with lying all day on the bed or sitting on the couch and surfing the internet, then walk to the kitchen to pick up something to eat, gulps it down and returns to their favourite spot, which is the bed. A sedentary lifestyle is a life of inactivity when a person does nothing to exercise the body. Lockdowns can bring a perfect excuse not to live healthily. Everyone has the temptation of sitting all day in front of the TV with our favourite dessert or snack on a plate in front of us and afterward retire to bed. Human nature finds it easy to slide into poor habits. Poor habits

are comfortable but expensive in the long-term to the body. It is easy to live a bed-to-couch lifestyle and fail to realize that your organs need to be active. They need to be energized not just by food alone but by activity.

Aside from the lockdown, our daily lives are almost a sedentary one. Most people spend their day on sedentary activities. Even at work, you sit all day. On your way home, you sit on the bus or train. What happens to people who live such a lifestyle is that their muscles lose strength. This lack of deliberate activity affects the muscle because it is not being used. Even the bone gets weaker because it is not in use and it may lose some mineral contents, especially if your diet is poor. Imagine how poor your body would function if you leave it without proper exercise or diet for three months.

A sedentary lifestyle results in poor body metabolism and blood circulation. Also, you burn fewer calories and enter a position where it becomes easy for you to gain weight. Since your metabolism is affected, you might have trouble breaking down the sugar and fat stored in your body. A sedentary lifestyle puts you at the risk of getting certain unfriendly diseases. For example, a person who sits all day eating and watching TV will likely develop obesity, especially if their diet is poor. It can also trigger diabetes because excess sugar becomes stored up. Studies have also shown that colon cancer is a strong possibility with such a lifestyle.

### **Why do you gain weight in a lockdown?**

It has become public knowledge that weight gain is triggered by many factors, including poor dieting and inactivity. The chances of gaining weight during a lockdown are high because most persons rely on quick-fix food and do not exercise. This way of life is bound to cause them to gain weight.

Nutritionists have revealed that most people are anxious during a lockdown, which leads them to an unhealthy relationship with food. The scary news around the world, the loss of lives and jobs and other sad occurrences leave some persons in a state of constant anxiety. Periods of uncertainty have been found to increase anxiety for those who have an unhealthy relationship with food. For some people, not seeing their loved ones, celebrating events, or doing what they usually do makes them fall back to food and, in worse cases, drugs.

It is natural to worry about being okay during a lockdown, but it is equally important to note that anxiety can lead you into poor habits. People do things just to temporarily feel okay. Some people eat just to feel like they are doing something they want to do. Medically, weight gain and stress almost go hand in hand. People have different ways they respond and react to stress, anxiety and low mood.

The tendency to use food as a coping mechanism often leaves people feeling exposed and vulnerable to weight gain.

### **When you gain weight**

Generally, there is no health benefit of being overweight. As you will see in subsequent chapters, it can be worked on and also prevented during a lockdown. There is absolutely no need to be apprehensive if you gained weight during the lockdown or you are prone to gaining weight. See this discussion as a remedy. Information is like a weapon. You can use it to protect yourself. Information becomes destructive when it leads to self-criticism and hate when you despise yourself for making the wrong choices that have made you vulnerable or put you at a risk of contracting diseases.

Your mental health is key in deciding your growth. You need to safeguard your headspace from self-condemnation. You need to learn to avoid self-criticism. Your attitude should be, "I made the wrong choices before, but now I know better." Use the information you are receiving now to protect yourself, which is the main purpose of this book, to give you the best health during a lockdown. We have discovered that the possibility of getting unhealthy during a lockdown is high, so it becomes a priority to know how to go into the lockdown healthy and come out even healthier.

Away from the side talk, the slimmer a person is, the better for them. Weight gain is mostly caused by fat in the body and this fat goes a long way to hinder certain activities in the body. A person's productivity can be hampered because they are overweight. Studies have shown that being overweight in itself is a threat to the life of a person. Being overweight has the potential to affect a person's joints, breathing, sleep, mood, and energy levels. So being overweight can affect a person's entire quality of life. Being overweight goes beyond a social issue with a stigma attached to it. It is a medical concern to be taken with all seriousness.

### **Obesity**

Being obese means that someone weighs at least 20% more than their height because there is so much fat in the body. When a person has the habit of eating more than they burn up fat, fat becomes stored up in the body and gets to a point where it poses serious threats to the person's health and they stand the chance of developing weight-related health problems. Unlike before when being obese or overweight was mostly associated with older people, these days, children and young adults alike stand the risk of being obese. These days, the diet of the population is mostly processed and high in

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