

## The Perks of Being Obese

*By Zachary Denny*

Becoming an obese American is quite a struggle. Many people wish to become morbidly obese but simply cannot seem to master it. Only about one third of the United States population is fortunate enough to be obese (American Obesity Association n.p.). What is obesity anyway? Obesity is defined as “the condition of being extremely fat or overweight; stoutness, corpulence” (n.p.). The process is really quite easy if done properly. You have a wide array of resources to utilize and plenty of time on your currently slim and slender hands.

The first step in becoming obese is to alter your diet. Now you would say, of course, that you must change your eating habits. It is a bit more complex than you might have thought. Some people are naturally gifted and are blessed with this stellar body type. “Scientists have found that our genes not only determine our natural weight range, but they also determine our energy levels, feelings of hunger and satiation, and the ways our bodies absorb sugar and fat,” which basically means some people are more adept at becoming obese than others (Oliver 101). First you must consume as many carbohydrates as you possibly can, and massive calorie consumption is a must. You can meet these requirements with foods such as pastas, breads, and rice. And you cannot leave out the most obvious of choices: the sweets and snacks. Chips, candy, ice cream . . . really anything that is loaded with sugar. Do not forget what you drink either. You have no chance at achieving your fuller figure if you wimp out and drink that disgustingly healthy substance known as water. No, you must fill yourself with a proverbial cocktail of sodas and other sugar-laden beverages. Soda drinks are high in calories and do help contribute to obesity, so be sure to

consume as much as you can (Slavin, par. 4). Also, do not discount energy drinks either. Nothing cooks the internal organs like a well-rounded energy drink. An added bonus from your new influx of sugars and acidic substances will be your teeth. Pearly, white teeth are so overrated. You want yellowed and cavity-filled fangs. To accentuate your new physique, yellow teeth are a must. You do not want to look like one of the “healthy types;” they are such a boring lot.

To get the most out of your new diet, you must maximize your food intake at every meal. Your breakfast must be large! Breakfast is also a wonderful time for you to double-up on sugar. Lunch can be difficult to pull off if you have to eat on a time budget. No worries! You simply choose the quickest and most calorie-filled item you can find, such as a special from a fast food restaurant. Dinner is the real time to indulge. Eat a feast! Anything that catches your eye and is edible should be consumed. Combining foods is a great way to maximize your calorie intake. Condiments and other additives can help you sneak in a few extra calories here and there if you use them enough. And you cannot forget about dessert. This is the most essential part of any meal. Simple ice cream will not do. Some sort of flavored syrup, an assorted variety of candy, and some form of nuts help make ice cream as unhealthy as possible. Cakes and pies are acceptable too, but nothing quite compares to a heaping bowl of frozen, sweetened milk.

The next step in your physical transformation from a boring fit person to a morbidly obese Adonis is your exercise routine. Old habits can be tough to break, so you must be very careful on this step. Eating poorly and having the urge to exercise usually go hand in hand. Your willpower will be put to the test here. As you are consuming your fat-filled foods, think of nothing but the instant culinary pleasure that they provide you. All thoughts of power walking,

jogging, or weight training must be stricken from your mind. As you become more accustomed to not exercising, begin to make a point of moving as little as possible. If you can condense your trips of walking around the house for various items, do so. Walking is a sin to your new way of life. Also, once you are in a comfortable position on the couch or armchair and realize you have forgotten something and are compelled to go after it, ask yourself these questions: “Is it life or death?” And if you live with someone, “Can someone else get it for me?” The answers to these questions will usually result in your relaxing back and enjoying some mind-numbing television for a few hours. Also, try not to think too much; thinking too hard may burn calories.

If you have made it this far and have followed all the instructions to the letter, you should be well on your way to becoming an obese American. If you have gained enough weight at this point, your body’s chemistry should be doing tailspins by now. This is the best part of the transformation. Based on your new exercise routine, walking even very small distances will make you winded and short of breath. Stairs are far too hazardous to your new body, so avoid them at all costs. You will have a tendency to experience headaches, usually a mere side effect of the foods that you now consume. You may begin to fall ill more often which results in you having to pay a visit to your medical doctor. Upon seeing you with all of this added weight, your doctor may be shocked and might even have the audacity to scold you. Do not worry: jealousy brings out the worst in people. The doctor warns that obese and overweight people pose a major risk for many chronic diseases, such as type two diabetes, cardiovascular disease, hypertension, increased chances of having a stroke, and even certain forms of cancer (World Health Organization 21). The doctor then orders a barrage of tests to be done on you. He/she just wants

to know how to obtain your new physique. The well-meaning pep talk is not all it is cracked up to be. It has done the opposite and created many damaging side effects such as food and weight preoccupation, eating disorders, stress, and discrimination for many people (Bacon 16). Upon receiving the multiple test results, you discover you now have diabetes, high blood pressure, high cholesterol, and are at serious risk for a heart attack or a stroke. Congratulations! At first you may be concerned about how these things affect how long you live. But then you think to yourself, “With the way the world is now, why would I want to live sixty to seventy years? I would much rather expire sooner rather than later.” Not only that, but according to a 2011 report, the CDC found that despite increases in obesity, the average life span of U.S. residents lengthened from 70.8 years in 1970 to 77.9 years in 2007 (Bacon 16). Your doctor advises you to go back to your old “healthy ways.” Again do not buy into the doctor’s propaganda.

By this point, you should be not much more than a hermit in your own home. No one comes to visit you because you do not have time to clean your house; you are far too concerned with your new body to do such trivial things. Not to mention the fact that you cannot dare to afford to expend the extra calories it would take to clean your entire house. No, you must hold on to all of the stored calories you have at all times. Parting with them at this point should be a painful experience. People tend to ostracize you for having the body they dream of. You will get discriminated in the workplace and during school if you still attend school. It is shown that obese people are more likely to be paid less than others at work, so you can expect a pay cut to go along with your new physique (Oliver 60). Not to mention the fact that whatever sort of romantic life you might have had is long gone. This is, again, the result of more jealousy. Loneliness

might occur at first, but never fear! The television is always near. You also should never leave your house because the sheer effort it would take to walk to the mailbox is too much to bear.

Before you know it, you are dead. Found in your armchair with a bag of chips in one hand and a soda bottle in the other. Your friends and family members come to mourn at your funeral. They cannot believe you died so young; after all, you were only in your mid-twenties. You are buried and soon forgotten. On your death certificate, the cause of death is stated as “morbid obesity.”

Obesity can be a true disease. The Center for Disease Control classifies it as such. “How is “disease” defined? Most dictionaries, general as well as medical, define a disease as “an interruption, cessation or disorder of a bodily function, organ, or system,” and obesity certainly fits this definition (American Obesity Association 8). Some people are stricken with such a problem due to genetics or metabolism. Many people have a misconception as to what metabolism is and what its function is. Metabolism is defined as the speed at which our bodies utilize calories that we consume from food (Oliver 106). However, genes and other uncontrollable factors should not be used as a crutch for people to justify living an unhealthy lifestyle.

So it is just that easy. To become obese and get all you want out of life, you simply eat terribly, cease exercising in all forms, and then revel in numerous amounts of health problems stemming from your obesity. With any luck, your new way of life will help terminate your existence within a short time span. Also with the current trend, many others will see the light and begin to emulate your transformation. Before you know it, the entire world will look like you!

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