

Fitting room and silence body weight

Habibzadeh N*.

Department of Sport Science, University of Guilan, Rasht, Iran

ABSTRACT

The impact of obesity on health, social care and the economy has long been established. Being obese or overweight increases the risk of developing a range of serious diseases including psychological disturbance, diabetes, heart disease, musculoskeletal disorders such as osteoarthritis and cancers that lead to premature disability and mortality. The good news is that overweight and obesity are largely prevent and /or control-able through losing weight strategies and fitting room can be an option for whom are observant about their surroundings. The fitting room is usually where the consumer makes their final evaluation about the products while assessing personal appearance, and finally deciding whether or not to purchase the garment.

For some people, fitting room it is something to get through without visible or psychic damage and for some others is a horrifying place as they may suddenly realize how overweight or obese they are that could be a challenging start to maintain a healthy body image in a life-changing journey. In fact, the changing room is inspired to provide some people with personal choices toward a desirable weight therapy through engaging in exercise and diet. Hence, fitting room while in shopping even for entertainment purposes is advised as a beneficial life - time decision in weight control and obesity may take place by individual in this way.

Key words: fitting room, body image, weight management, health.
