

Lockdown and Covibesity

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The impromptu nature of COVID-19 pandemic, followed by the lockdown, social isolation has triggered unprecedented effects, one such phenomenon due to changes in human behaviour is the sudden, rapid weight gain worldwide, or covibesity [1].



Multiple factors leading to weight gain during lockdown [1,2].

The Long-term home confinement, Sedentary lifestyle due to lockdown along with unhealthy diet could lead to weight gain, resulting in the following complications such as disturbed glucose tolerance, blood pressure variations and increased risk of cardiovascular accidents [3].

While the recent research is more focussed on the psychological effects of the pandemic, the general population's self-care, nutritional status, physical activity, weight gain and sleep routine should be studied in detail to avoid long term complications due to obesity [3].

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