Topic: Describe the current epidemic of obesity in the US and discuss its negative effects (include social, psychological, and medical issues). Specifically, what is the link between high-fat diet and a specific chronic stress disorder or disease (e.g., depression, specific inflammatory disease....etc.) and how regular physical activity may regulate this specific condition or disease? Ensure that postings are detailed responses to each question and that course and chapter content are applied in your discussion responses. For example, consider taking a new approach in presenting chapter content, cite new examples, present external research (paraphrase, avoid unnecessary and/or lengthy quotations; do not plagiarize, cite references in APA style). Please see the guideline of "Expectations for your discussion original posts" in the module folder. For maximum points, please reference external research (peer-reviewed articles). Expectations for your discussion original posts.pdfActions