One of the biggest problems in Mexico is health, chronic diseases not communicable every day are increasing in our environment and even worse at a younger age they develop, this public health problem is results of many both ethnic factors, biopsychosocial, demographic, cultural, economic, etc. Inadequate eating habits along with sedentary lifestyle and no or little physical activity can lead to overweight or obesity and therefore develop diabetes mellitus, high blood pressure, dyslipidemias, etc. What we know as metabolic syndrome and already some authors cite cardiometabolic syndrome The much mentioned and trite obesity is not only to be “fat”, “full” etc. as the general population (even health professionals) mention it, from the earliest years of adult life (even childhood) it is possible to identify it, as consensuses, agencies, medical associations, etc. have their definitions, classifications, criteria for define this syndrome; in the different definitions of adult metabolic syndrome given by the Adult Treatment Panel III (ATP-III), the World Health Organization (WHO) and International Diabetes Federation (IDF), the most consistent parameter as a diagnostic criterion is obesity. Metabolic syndrome is a clinical construct composed of three or more of the five conditions. Today, everyone talks about chronic noncommunicable diseases, such as hypertension, diabetes mellitus, dyslipidemias and obesity among others, responsible for generating vascular disease with white organ condition. The nation reports (ENSANUT) dictate that every day obesity grows in our country in both women and men, 7 out of 10 Mexicans are overweight or some degree of obesity and the worst of this situation is that every day there are more young people with this metabolic disorder; health campaigns to tackle this problem do not work or work, do not impact, the target is not met, the problem grows and leads to secondary complications and therefore incapacity for work and premature deaths and public expenditure; culture, idiosyncrasies, the philosophy of life of the Mexican even though it seems grotesque and raw is not preventive, we do not seek a timely intervention, it is not invested in health, we want to solve, solve the problem already too late, we do not reflect, we do not analyze, we are not targets in the face of the disease, the disease-health binomial if we understand it but we do not understand it as such, we are... we are a supporting population.

Prevention should be a priority public health strategy, health sect is a pillar in this area, but responsibility and commitment depends on everyone. Physical (intellectual) exercise and adequate control in calorie consumption are optimal and objective to help in this type of syndrome.
"If someone is looking for health, ask them if they are willing to avoid the causes of the disease in the future; otherwise refrain from helping you” Socrates.