

Effect of aerobic exercise with diet control on obesity in children

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Introduction: The purpose of this study was to investigate the effect of regular aerobic exercises with diet control on weight reduction on obese children.

Subjects and Methods: Thirty children with overweight (age ranged from eight to twelve years) were included in the study. The children were randomly divided into two equal groups. The exercise group received ten weeks physical activities program included upper limb, lower limb, and trunk and neck exercises as well as running three sessions per week (in the first four weeks the session lasted for about 40 minutes and in the last six weeks the session extended to be 50 minutes. Body mass index and waist-to-hip ratio and waist circumference) were used to assess the children weight before and after three months of the treatment program.

Results: The results revealed statistically significant improvement in the measuring variables of both groups when comparing their pre and post treatment mean values. Comparing the two groups' post-treatment variables, significant difference is revealed in favor of the study group (B)

Conclusion: The obtained results strongly support the using of aerobic exercise with diet control as an additional procedure for the weight reduction of obese children.

Biography

Abdel Aziz Ali Sherief has completed his Ph.D. at the age of 33 years from Cairo University and postdoctoral studies from Cairo University. He has published more than 10 papers in reputed journals and has been serving as an editorial board member of reputed.

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