

JOINT EVENT

10th International Conference on **Childhood Obesity and Nutrition**
&
2nd International Conference on **Metabolic and Bariatric Surgery**

June 12-13, 2017 Rome, Italy

Physical (in) activity-physical and psychological effects**Cristiana Pop**

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The globalization of overweight and obesity, the acute perception of being stressed most or all the time, the sedentary life style and the comorbidities of those behaviors might be the most common consequences for the new millennium generation and their families. Education and healthcare systems are attempting a weak counterattack to this aggressive epidemic and to the consumption culture which pushes the younger generation towards a greedy lethargy. Five years ago, we were worried because physical activity among European children tends to drop significantly between the ages of 11 and 15 years and only 20% of them exercise regularly, nowadays it is certain that physical inactivity accounts for more than five million deaths each year globally. The obsessive informatics and communication technology use results in a progressive physical skills decay and less social interaction. Today when the intelligent phones are shaping our daily life, our bodies are also shaped by bending the neck and back in a tapping position. A bad posture has not only physical consequences, but psychological also: an upright, open, expansive posture is associated with power, self-confidence and good mood. There is a significant correlation between self-body image perception and self-esteem, mediated by weight and subsequent by fat deposits. Results indicates a consistent statistically significant correlation between body mass index and body dissatisfaction [$r(158) = 0.56, p < .0005$], with a prevalence of 79% of body dissatisfaction on young women. Integrating physical and health education in overweight preventative strategies would have effect in reducing the occurrence of physical and emotional disorders and co-morbidities associated with these later, over the lifetime.

Biography

Cristiana Pop is currently a full Professor at Bucharest Economic Studies University. She has her expertise in "Teaching physical education in higher education and training athletics mainly for university contests". Her main research interests are in "Education quality and social issues related with health, physical activity, eating behaviors and wellbeing". She has authored "The role of physical activity in promoting well-being (2015), Athletics for Students (2013)" and other few books promoting physical activity and a healthy lifestyle. She is member of Romanian Agency for Quality Assurance in Higher Education, member of Romanian Athletic Federation (women commission) and has research collaboration with Romanian Academy Anthropological Institute Research Center. She is serving as Senior Editor and Editorial Board Member of several reviews in education, health and sport sciences domain.

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