

14th GLOBAL OBESITY MEETING

October 23-24, 2017 Dubai, UAE



Edward R Laskowski

Mayo Clinic, USA

The effect of exercise in the treatment of obesity

Significant research has been performed on the effects of exercise for the reduction of body weight, with most studies indicating that exercise alone has a small effect on body weight reduction independent of caloric restriction. When combined with dietary restriction, however, exercise has a synergistic effect and enhances weight loss beyond the effect of diet alone. Increased sitting time has been found to be an independent risk factor for the development of metabolic risk factors. Exercise also has been shown to have significant beneficial effects on cardiovascular and metabolic risk factors independent of actual weight loss and genetic factors related to obesity have been found to be positively modified when individuals incorporate physical activity into their lifestyle. High intensity interval training (HIIT) is a viable training modality that appears to be efficient and effective in diverse populations, including those with type-2 DM, cardiovascular disease and obesity. Research shows that HIIT leads to similar and in some cases, better improvements in less time for some physiologic markers. Incorporating HIIT (with appropriate intensity, frequency and progression) into a training program can enhance compliance and provide a time efficient, enjoyable way to reach goals. Strength training independent of aerobic exercise has not been shown to produce additional weight loss compared to calorie restriction alone, but does increase lean muscle and produce beneficial metabolic changes. There is a paradigm shift regarding combating harmful effects of obesity towards getting patients active, rather than just losing weight.

Biography

Edward R Laskowski is the Co-Director of Mayo Clinic Sports Medicine and a Professor of Physical Medicine and Rehabilitation at the Mayo Clinic in Rochester, Minnesota. He has contributed hundreds of articles publications, scientific journals and media on rehabilitation, sports and fitness topics. He also has been chosen by Fellow Physicians in the United States as one of the Best Doctors in America for the last 17 years.

laskowski.edward@mayo.edu

Notes: