Vaclav Bunc et al., J Obes Weight Loss Ther 2017, 7:6 (Suppl)
DOI: 10.4172/2165-7904-C1-051

Outdoor activities like a tool of overweight and obesity management in children

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The present is characterized by the increasing movement deficiency leading to severe complications including medical. Basic health concern is the rise in overweight and obesity. The reason is the mismatch of energy intake to its output. Energy expenditure in the last two decades of stagnating or even declining, output dropped significantly. Realized volume of physical activity during this period decreased by about 30%. In children, the regular realization of physical activities clearly depends on the form and method of the offer. The classic movement activity currently is not sufficiently interesting for children and therefore it is necessary to search for new forms and methods of the offer. To such activities it clearly belongs to outdoor activity. The effect of exercise intervention using outdoor activities (walking, cycling, outdoor games, inline skating, etc.) was studied in 135 girls 151 boys overweight or obese at the age of 6-14 years (mean age was 11.6±3.6 year, body mass was at least 90% of the population norms). The exercise program was at least 5.5 $kcal.kg^{-1}.day^{-1}$. Applied intervention increased exercise regimen at least 30% and caused significant body mass loss (13.8±2.8% of initial body mass in boys and 14.0±2.9% in girls). Body mass decrease expressed as a percentage of initial value was independent of age and sex and was directly proportional to the energy content of the imposed movement training. Outdoor activities that respect individual interests and physical experience are able to significantly reduce overweight and obesity in children aged 6-14 years.

Biography

Vaclav Bunc has completed his PhD from Technical University Prague in 1970 in Applied Physics. Currently he is the Faculty of Physical Education and Sports Charles University.

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