

12th International Conferences on **Childhood Obesity and Nutrition**
&
3rd World Congress on **Diabetes and Obesity**

March 18-19, 2019 | Rome, Italy

To promote development of lean and healthy bodies, we should focus on vigorous exercise rather than restriction of dietary energy intake

Bernard (Bob) Gutin
Columbia University, USA

The dominant metabolic theory of obesity is that it develops from excessive energy intake. However, preventive interventions based on this theory have often been ineffective in growing youths. This presentation will offer a developmental theory, which is based on recent epidemiologic research and a new line of research dealing with differentiation of immature stem cells into mature tissues. This theory posits that the mechanical stimulation provided by vigorous physical activity (PA) causes immature stem cells to differentiate into lean tissue cells rather than into fat cells. Consistent with this theory is recent research showing that interventions that involve adequate doses of vigorous PA, along with appropriate diet composition, are especially effective in promoting development of lean body mass and reducing visceral adipose tissue in youths.