

# 19<sup>TH</sup> WORLD OBESITY CONGRESS

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## Obesity management for quality of life

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Obesity is lifestyle disease which is on the rise around the globe. Early prevention of obesity may avoid many diseases i.e., coronary heart disease and diabetes. Obesity is preventable and reversible. Obesity is classified as having a body mass index of 30 or greater. Obesity affects people's health and leads to diseases i.e., high blood pressure, diabetes and various cardiovascular diseases. Obesity is a chronic disease and growing threat globally. American College of Sports Medicine (ACSM) Guidelines; frequency: 3 to 5 days/week; duration: 20 to 60 min/day; intensity: 50% to 90% of aerobic capacity (VO<sub>2</sub>max); mode: Large muscle groups, continuous, aerobic capacity. Guo Siqiang (2017) investigated and reveals that the combined exercise training appears to play a vital role in reducing the risk factors of cardiovascular diseases in elderly women with hypertension. Dennis T (2017) reveals that the weight loss plus combined aerobic and resistance exercise was the most effective in improving functional status of obese older adults. Causes of obesity: Obesity is generally caused by eating too much and moving too little. Moreover, the following are the main causes of obesity: Imbalance of calories intake, poor diet, lack of activity, stress, lack of sleep, genetics, medical reasons and poor life style. Obesity statistics: According to World Health Organization (WHO) stated that in the year 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese. Furthermore, interestingly 39% of adults aged 18 years and over were overweight in 2016 and 13% were obese. Cardiovascular diseases (CVDs) is the number 1 cause of death globally. More people die annually from CVDs than any other causes. An estimated 17.5 million people died from CVDs (WHO, 22 Sep 2016). Reviewed November 2016 by WHO in 2012, an estimated death due to diabetes were 1.5 million and 2.2 million deaths were attributable to high blood glucose. Obesity management: Exercise, diet and lifestyle. Health benefits of exercise: Reduces the risk of coronary artery disease and hypertension, lower the blood pressure, increase HDL cholesterol and lower LDL cholesterol. Greater cardiac output will able to deliver more blood to tissue. Longevity-greater life expectancy and increases metabolism rate. In conclusion, obesity is a worldwide problem. Lately, medical reports consider it as a disease that could lead to many serious health issues such as diabetes, heart problems and blood pressure. So, people should monitor and maintain their food intake, exercise daily and manage healthy lifestyle.

## Biography

Kaukab Azeem has received his PhD from Osmania University, India in the year 2006. He is currently working as Assistant Professor in Physical Education Department at the King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia. His research focuses on strength training, aerobics, fitness performance, obesity and changes in body composition. He is also serving as a Supervisor for students of MPhil and PhD program.

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