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Movement activities like a tool of obesity and weight management

The current epidemic of obesity is a problem not only to public health, but each individual. It is up to about 5% of cases the problem of education and not medicine. For an effective intervention it is necessary in the first place timely to identify its initial stages and simultaneously identify the variables that can affect by the external interventions. The basic tool for successful intervention is to change the lifestyle of intervened individuals – from sedentary to active. The first step is early diagnostics and then selecting individual approach that respects the health, previous experience physical, physical fitness, time and economic conditions and the relationship with its surroundings to influence obesity of the subject. The movement intervention with the weekly energy content ranged from 1500 kcal to 2700 kcal (depending on subject's body mass) in the time duration of 5 months is able to cause a decline in the mean %BF of about 24.0%, and increase in the mean VO₂peak about 14.0% (both independently on body mass, age and gender). We can conclude that an exercise program with a similar energy content, form and intensity causes the similar changes in BC and in motor and functional performance in subjects, differing in body mass, age and gender.

Biography

Vaclav Bunc has obtained his PhD from TU Prague in 1979. He is a Vice-dean of Faculty of Physical Education and Sport at Charles University Prague. His main research topics are obesity management, application of mathematical methods and models in PE and sport, evaluation of physical fitness, exercise physiology, functional and physical testing in laboratory and field, body composition, BIA methods and moving regimes for prevention. He has published more than 350 papers in Czech and internationally reputed journals and is serving as an Editorial Board Member of repute.

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