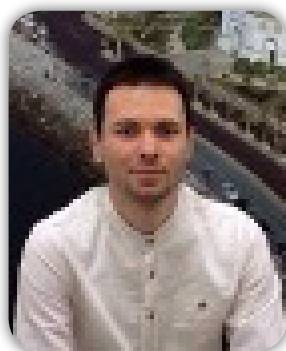


Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Physiological base of method for programming physical activity in obese young individuals

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Collaboration among sports pedagogues and sports nutritionists is necessary to reinforce the link between sound regular physical activity (PA) and dietary practice for weight management in young individuals. Our purpose was to propose the method for programming PA on physiological base in obese young individuals and to reinforce the collaboration among sports pedagogues and sports nutritionists in the area of health promotion and cardiovascular disease (CVD) risk reduction through increasing physical activity.

Our method for programming PA was established using classification for aerobic fitness (WHO). The basic criterion for obese individuals selection in four PA groups was initial level of VO₂max (ml·kg⁻¹·min⁻¹) expressed in term of METs. Training pulse was calculated using equation by Karvonen M. Intensity of PA was recommended in accordance with energy expenditure and expressed in term of METs (WHO/Andersen). Using tables of gross energy expenditure of various PA were chosen different types of PA. Diet of 1500kcal/d was prescribed in the Ist phase and 1800kcal/d in the IInd phase related to increased level of VO₂max (ml·kg⁻¹·min⁻¹). The efficacy of programmed PA and/or diets were examined in 42 obese young individuals included in 8 wk randomized controlled trials.

Using our method for programming PA were achieved significant reduction on body fat and CVD risk factors, safe performance and is avoided the risk for CVD events, so as enlarged type of PA. Ongoing debate are long-term effects on weight cycling and management, preferably 2-5 years.

Biography

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