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Significance of diet and exercise in obesity

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Abstract

Obesity is an excess of body fat frequently resulting in a significant impairment of health and longevity. The combination of balanced-diet plus moderate exercise provides better overall improvements in function and mobility. Types of diet include carbohydrates, proteins, lipids, minerals and vitamins. Balanced diet contains the various groups of foodstuffs such as energy yielding foods, body building foods and protective foods in the correct proportions so that an individual is assured of obtaining the minimum requirements of all the nutrients. The components of a balanced diet will differ according to age, sex, physical activity, economic and physiological status, pregnancy, lactation etc. Diet guidelines for obesity include 'Low Calorie Diet (LCD)' and 'Low Carbohydrate Diet'. Composite results of trials indicate that an LCD providing 1000 to 1500 kcal/day induces about an 8% weight loss after 16 to 26 weeks of treatment. Several studies suggest that, despite equal energy intakes, initial weight loss during the first 4 weeks may be greater with a low-carbohydrate than with high-carbohydrate diets.

Weight loss induced by increased daily physical activity without caloric restriction substantially reduces obesity. Exercise training is beneficial not only for decrease of body-weight and body fat, which normalize metabolic diseases associated with obesity, but also for increase of muscle-mass, mineral levels, and lean body mass, contributing to improved health. An exercise prescription defines the mode, intensity, duration, and frequency of exercise-activities. Exercise programing modes include aerobic, flexibility and functional exercises. Changes induced through diet can be reserved by a modest amount of exercises.

Biography

Royal B Patel has completed Physical therapy at the age of 23 years from Shree Devi College of Physiotherapy, Mangalore, Karnataka affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, India. He has taken special training for various fitness instructor training like Aerobics, Spinning, Diet and Nutrition, primary and advance Pilates, pre and postnatal fitness and Advance fitness from IAFT- Indian Academy of Fitness Training. He has taken part in various workshops and seminars related to health diseases management.