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Obesity and life-style limitations**Vaclav Bunc**

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Obesity is up to about 5% of cases the problem of education and not medicine. For an effective intervention is necessary in the first place timely identify its initial stages and simultaneously identify the variables that can affect by the external interventions. The current epidemic of obesity is a problem not only public health, but each individual. The basic tool for successful intervention is to change the lifestyle from sedentary to active of intervened individuals. 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. Physical activity is now admitted as being an integral element of adult obesity treatment, but it is not clear which intervention is the most efficient. Physical activity is an extremely complex behavior that requires active involvement of the subjects and his nearly environment as well. It is influenced by personal, family and environmental factors and each of these elements can be a potential barrier in preventing active participation of the subject, therefore compromising a successful implementation of a program. These limitations are obvious for moderate-to-vigorous physical activity which is usually recommended for treating obese persons. The study provides an overview of modifiable physical activities – mainly based on walking with energy content from 950 kcal/week for seniors to 2000 kcal/week in children, which can be used for reduction of body fat about 15%, increase in FFM about 10%, increase of physical fitness about 17% independently on gender and body mass. This may significantly influence the life style of overweight or obese subjects – mainly their quality of life, predispositions for leisure and work activities and well-being.

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