

## 24<sup>th</sup> Global

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## Individualized exercise therapy is a key factor of obesity management

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**O**besity and Adiposity-Based Chronic Disease (ABCD) are one of the most common health risk factors nowadays but regular exercise – part of complex lifestyle medicine program – is effective treatment for obesity if it is individualized and followed by an exercise professional. For better results the accurate dose-effect is needed to be defined. **Materials and Methods:** The 30 weeks lifestyle change program of a 65-year-old male patient (Body Mass Index (**BMI**) 43.8 kg/m<sup>2</sup>) was followed by medical doctor, exercise physiologist and nutritionist. Over regular controls and blood tests every training was measured with a heart rate monitor watch and diet diary was written. **Results:** Bodyweight decreased by 24.1 kg (18,4%) and BMI to 35.8 kg/m<sup>2</sup>. Decreased resting heart rate (from 72 bpm to 63 bpm), diastolic blood pressure (from 72 mmHg to 67 mmHg) and increased systolic blood pressure (from 126 mmHg to 135 mmHg) were reported beside the reduce of antihypertensive and antidiabetic medicines. Blood test results and fitness level improved, daily steps and time spent with trainings increased.

**Conclusions:** Lifestyle medicine with professional support is an effective and long-term treatment for ABCD. Individualized exercise and nutritional therapy are essential and the wearable technology with telemedicine consultation has also important role.