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1366th Conference

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14th GLOBAL OBESITY MEETING

OCTOBER 23-24, 2017 DUBAI, UAE

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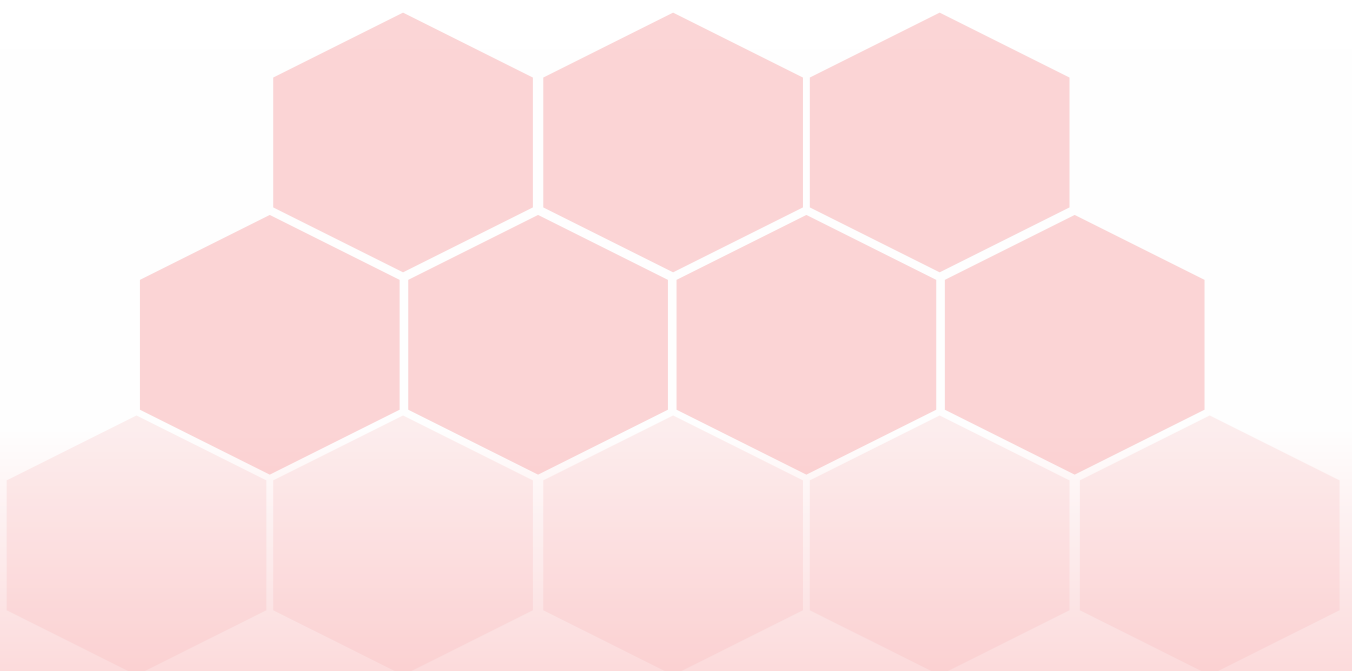


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14th Global Obesity Meeting

October 23-24, 2017 Dubai, UAE

Keynote Forum (Day 1)



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Edward R Laskowski

Mayo Clinic, USA

The effect of exercise in the treatment of obesity

Significant research has been performed on the effects of exercise for the reduction of body weight, with most studies indicating that exercise alone has a small effect on body weight reduction independent of caloric restriction. When combined with dietary restriction, however, exercise has a synergistic effect and enhances weight loss beyond the effect of diet alone. Increased sitting time has been found to be an independent risk factor for the development of metabolic risk factors. Exercise also has been shown to have significant beneficial effects on cardiovascular and metabolic risk factors independent of actual weight loss and genetic factors related to obesity have been found to be positively modified when individuals incorporate physical activity into their lifestyle. High intensity interval training (HIIT) is a viable training modality that appears to be efficient and effective in diverse populations, including those with type-2 DM, cardiovascular disease and obesity. Research shows that HIIT leads to similar and in some cases, better improvements in less time for some physiologic markers. Incorporating HIIT (with appropriate intensity, frequency and progression) into a training program can enhance compliance and provide a time efficient, enjoyable way to reach goals. Strength training independent of aerobic exercise has not been shown to produce additional weight loss compared to calorie restriction alone, but does increase lean muscle and produce beneficial metabolic changes. There is a paradigm shift regarding combating harmful effects of obesity towards getting patients active, rather than just losing weight.

Biography

Edward R Laskowski is the Co-Director of Mayo Clinic Sports Medicine and a Professor of Physical Medicine and Rehabilitation at the Mayo Clinic in Rochester, Minnesota. He has contributed hundreds of articles publications, scientific journals and media on rehabilitation, sports and fitness topics. He also has been chosen by Fellow Physicians in the United States as one of the Best Doctors in America for the last 17 years.

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Notes:

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Rola Arab

RA Consulting, Belgium

Obesity prevention and control in the Middle East: Challenges and opportunities

Non-communicable diseases (NCDs) and particularly obesity is prevalent in the Middle East and have become an important public health issue and a major economic burden on the countries in the region. With the support of the World Health Organization (WHO), public health authorities are in the process of developing national nutrition strategies and implementing measures to prevent and control obesity at National and at regional level. Regulators in the countries of the Gulf Cooperation Council (GCC) are developing measures such as restrictions on the availability of unhealthy foods, health-awareness campaigns and the most recent actions underway are the reduction levels of sugar, salt and fat in food products, the introduction of taxes on fast foods and soft drinks and the development of food standards to limit trans-fat and salt content in food products. Despite these initiatives to prevent obesity, public health authorities in the Middle East countries still face many challenges due to the absence of a policy framework on health and nutrition and of institutional capacities to develop sustainable nutrition programs, in addition to surveillance gaps and the absence of recent data on obesity. Based on successful policies and strategies that were implemented at regional and global level to fight against obesity and putting an emphasis on childhood obesity, the presentation will assess what is the way forward to address and overcome these challenges.

Biography

Rola Arab is the Founder and Managing Director of RA Consulting and an Advisor on policies and regulations in the health and nutrition and food safety areas for Europe, Middle East and Africa. She has earned Bachelor's degree in Law from Saint Joseph University in Beirut, Lebanon and Master's degree in European Affairs from the College of Europe in Warsaw, Poland. She has participated in many speaking events on health and nutrition and she collaborates on a regular basis on regulatory projects and training programs with public health authorities such as the GCC Standardization Organization and the Ministry of Health of Saudi Arabia.

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