

OBESITY IN AMERICA-FACTS-OBESITY



Obesity is the fastest growing health problem we have in America, as well as in all the other industrialized countries. Presently 66% of Americans over the age of 20 are over-weight. . Approximately 34% of Americans are obese, which works out to be approximately 72 million Americans. This is indeed is a mind-blower, obesity is a complex disease and is associated with a variety of chronic health conditions my friends, as well as emotional and social problems.



Although the causes of obesity are complex and may varied, few will disagree that the primary problem is energy balance(too many calories are being consumed and too few expended). Because obesity is such a complex problem, it is important for us personal trainers and for those who are in the medical field to either work closely with or refer their obese clients to a registered dietitian (or other qualified licensed professional) who can provide accurate and achievable dietary recommendations. It had been suggested that adults who remain sedentary throughout their life will lose approximately 5 pounds of muscle per decade. In addition to the stated facts above, the average adult will experience a 15% reduction in fat-free mass between the ages of 30 and 80,. When the age-related fat gain was investigated, it was determined that the body fat is not an age-related problem, instead relates to the number of hours the individuals spend exercising per week. It

also had been shown in sedentary individuals that daily-activity levels account for more than 75% of the variability of body-fat storage in men.



Regular physical activity and exercise is one of the most important roles related to long-term successful weight loss. It is also important to note that obese and morbidly obese have unique problems associated with exercise. Research has also shown a correlation between the body weight and the mechanics of this gait. In one study involving more than 200 75 -year old women, the relationship between balance, muscular strength, and gait was such that individuals exhibited worse balance, slower the gait velocity, and also shorter steps, regardless of their level of muscular strength my friends. Exercise for obese should be focused primarily on energy expenditure, balance, and proprioceptive training to help them expend calories and improve their balance and gait mechanics.

By performing exercises in a proprioceptively enriched environment, the body is forced to recruit more muscles to stabilize itself. By doing so more calories are potentially expended. For effective weight loss, obese clients should expend 200 to 300 kcal (calories) per session of exercise, with the minimum weekly goal of 1,250 kcal of energy expenditure from combined physical activity and exercise. The initial exercise energy expenditure goal should be progressively increased to 2,000 kcal per week. Remember resistance training can be always gradually added to any exercise program design to promote weight loss, however sustained long-term aerobic endurance activities will remain a priority. Research also suggests circuit-style resistance training, when compared to walking at a fast pace, produces nearly identical caloric expenditure rates in the same time span. Yes indeed my friends resistance training is an important component of any weight-loss program because it will help increase lean body mass, which will eventually results in a higher metabolic rate and improved body composition. The same exercise training guidelines for apparently healthy adults can also be used when designing aerobic and resistance training programs for those who are suffering from obese.

My friends, with this epidemic of obese in America it must become our duty to help those who have this terrible disease to overcome it.

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META TITLE OBESITY IN AMERICA-FACTS-OBESITY

META Description Medical facts and studies about OBESITY and what can be done about it

May you be always in good health, humbly your Paul Earl