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Exercise and eating habit change in the treatment of obesity : a thesis ...

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Abstract

A pretest-posttest control group design was used to compare the effectiveness of a behavioral caloric reduction/exercise increase treatment package with a caloric reduction approach. The participants consisted of 32 people selected from those responding to a community newspaper advertisement announcing the weight control program. The caloric reduction/exercise treatment group focused on energy expenditure methods for reducing weight and improving physical fitness along with procedures for controlling food intake patterns. The caloric reduction group concentrated on procedures for controlling food intake patterns only. The results indicated that weight loss was achieved by both the caloric reduction group and the combined caloric reduction and exercise group, however, the latter group achieved significantly higher weight loss. Additionally, all measures of physical fitness improved most for the combined group. The results suggest the necessity of combining caloric reduction approaches and exercise in treating obesity.

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Q). Once your fitness levels improve you could change to other exercises in the long term. You should try to choose activities that you enjoy, as you will be more likely to continue them in the long term. Participating in team sports or exercising with a friend or family member can help you to remain motivated. The goal of obesity treatment is to reach and stay at a healthy weight. This improves your overall health and lowers your risk of developing complications related to obesity. You may need to work with a team of health professionals — including a dietitian, behavioral counselor or an obesity specialist — to help you understand and make changes in your eating and activity habits. The initial treatment goal is usually a modest weight loss — 5% to 10% of your total weight. All weight-loss programs require changes in your eating habits and increased physical activity. The treatment methods that are right for you depend on your obesity severity, your overall health and your willingness to participate in your weight-loss plan. Dietary changes.