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

Michael D. Johnson, University of the Pacific

Date of Award
1984

Document Type
Thesis

Degree Name
Master of Arts (M.A.)

Department
Graduate School

First Advisor
Martin T. Gipson

First Committee Member
Esther Cohen

Second Committee Member
Gary N. Howells

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.

Pages
92

Recommended Citation

Adopting regular physical exercise in the obese is more difficult than changing their dietary habits. The results have revealed that courses in weight reduction are an important component of a complex approach to the treatment of obesity in the Czech Republic. Do you want to read the rest of this article? Request full-text. At a fundamental level, obesity occurs when people regularly eat and drink more calories than they use. Besides a person's eating behavior, a number of factors can contribute to obesity, including a lack of physical activity, a lack of sleep, genetics and the use of certain medications that can cause weight gain or water retention, such as corticosteroids, antidepressants or some seizure medications. Working with a diverse team of health experts can help people make long-term changes in their eating and exercise habits and develop strategies to address any emotional and behavioral issues that may lead to weight gain and unhealthy lifestyle habits. Although there are lots of fad diets, such short-term dietary changes are not the best way to keep weight off permanently, the CDC says. (Please refer to eating habits of women and eating habits of men for more information). In general, a combination of treatments is the most effective way to achieve weight loss. A program is now available online that helps you to determine which of your lifestyle behaviours are unhealthy. This is called the Diet, Activity and Behaviour Questionnaire (DABQ).
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.