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Physical Activity and Exercise in Treating Obesity

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Physical Activity and Exercise in Treating Obesity

Question 1

Obesity is a medical condition that occurs from consuming too many calories that results in one's body mass index being higher than 30. Primarily, it has caused an uproar in the past few years prompting research on how to tackle it once and for all. It is caused by excessive body fats, which presents many health risks, such as cardiovascular diseases. Most obese people, adults, or children, are unable to engage in any physical activity hence the excessive weight gain.

However, the positive thing about it is that obesity can be treated. Treating obesity requires two stages, shedding the weight off and making sure one does not gain it all back. Physical activity is associated with daily chores, either at home or at work. In addition, climbing the stairs or walking are activities that can be carried out every day to maintain one's health. According to Jakicic et al. (2018), physical activity is one of the most effective preventions and treatments for obesity because it impacts body composition and weight. This is because obesity is a lifestyle disease that requires behavior that can modify or change their lifestyle by incorporating physical activity. Besides, the study also showed that combining dietary changes and physical activity showed significant weight loss in obese participants compared to dietary or physical activity alone. Notably, moderate to vigorous physical activity weekly of 150 minutes influences body weight regulation. In that, the more active one is, the lesser the gain weight and vice versa. The most common recommendation for physical activity is walking for 15 to 30 minutes daily.

Exercising is also an important factor in treating obesity; however, the type of exercise is vital since obese people are quick to injuries due to excessive weight. The exercise intensity should be moderate or less in the beginning so that their bodies can adjust to the exercise. In this case, endurance exercise is most suitable for treating obesity. Consequently, endurance training

helps build the body's muscles, such as heart muscles, to withstand the workouts. These exercises should increase their breathing and heart rate to build endurance and facilitate weight loss. They include aerobic activities like jogging, cycling, and swimming. Barrow et al. (2019) study concluded that exercising for 30 to 40 minutes thrice per week resulted in weight loss in obese patients at risk of contracting osteoarthritis. In the study, the participants used stationary bikes, treadmills, and aquatic exercises. However, using the treadmill as a form of exercise showed significant weight loss compared to other exercising modes.

Question 4

For a healthy weight loss and maintenance in obese people, physical activity is important. Apart from losing and maintaining weight, physical activity helps in reducing the chances of one getting high blood pressure, diabetes type 2, and joint pains from being overweight. One hundred fifty minutes of moderate activities or 75 minutes of vigorous activities is recommended by ²the World Health Organization (World Health Organization, 2018). However, this will depend on one's preference. Moderate physical activities are less intense in that one can still talk even if their heart and breathing rate is fast. They include brisk walking for 20 to 30 minutes, hiking, light household chores activities like yard work and playing with children (Foster et al., 2018). Vigorous physical activities include jogging/running, jump roping, and swimming. These activities are vigorous because the breathing and heart rate is intense, that one cannot talk during the training. Depending on one's health status and fitness level, these two activities can be combined for significant loss and weight maintenance for an obese person.

People who are obese can start engaging slowly in the recommended physical activities around the house, such as spring cleaning or raking the compound to get started. Since the recommended 150 minutes of physical activities may seem impossible, they can break it down to

10 minutes of moderate activities to create a routine. This can be done twice or thrice a week, depending on their schedules and preference. For instance, one can include moderate physical activity based on the times they enjoy, such as early in the morning or evening. During this time, they can choose an activity they are most comfortable doing like taking the dog for a walk in the evening. Once individuals become confident and comfortable with moderate physical activities, they can upgrade to the next level, which is the vigorous physical activity. This activity builds and strengthens muscle endurance developed in moderate physical activity, which allows an obese person to be engaged in physical activity without tiring, making it easier to lose weight faster.

The combination of physical activity, exercising, and additional dietary changes are some of the main components that will help an obese person lose weight, as noted above. However, it is not a comfortable journey because being obese causes health-related issues if not treated or prevented early (Wang et al., 2016). Therefore engaging in activities that will move the body several hours in a day will improve one's health situation by treating obesity. There are other means of losing weight, such as gastric bypass surgery. Exercising and engaging in physical activities are efficient ways because they not only help one lose weight, but it improves their mental health and well-being.

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