

Management of somatometric and cardiometabolic parameters at young obeses by modifying the lifestyle and implementation of individualized kinetoprophylactic programmes

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Abstract

Within this article we want to present a project in which we propose the validation of a protocol for testing and monitoring the physical effort based on the use of some advanced methods with a high degree of sensitivity and specificity that established as objective the development of physical therapy programmes destined to enhance the life style and to diminish the cardio-metabolic risk at young obese persons. To this purpose, we suggest the realization of kinetoprophylactic individualized programmes, based on a process of carefully monitored and quantified increase of the physical activity level in addition to a specific hygienic-diet procedure on a group of 90-100 obese students from West University of Timișoara. In consistency with the protocol, both components (physical training and diet) are to be adapted to the personal particularities of the subjects involved in the study. The assessment of the subjects relies upon the testing of their capacity to effort as well as upon the nutritional analysis performed by means of ergospirometrics associated to the classical somatometric methods. The final goal of the study is the reduction and maintenance of the selected subjects' body weight at levels closer to the optimum, the diminution of cardio-metabolic risk, the improvement of the eating and physical activity related behaviour study with an important impact on their quality of life.

Key-words: obesity, kinetoprophylaxy, ergospirometry, cardio-metabolic risk