

JIWAJI UNIVERSITY, GWALIOR

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TOPIC: OBESITY AND WEIGHT CONTROL

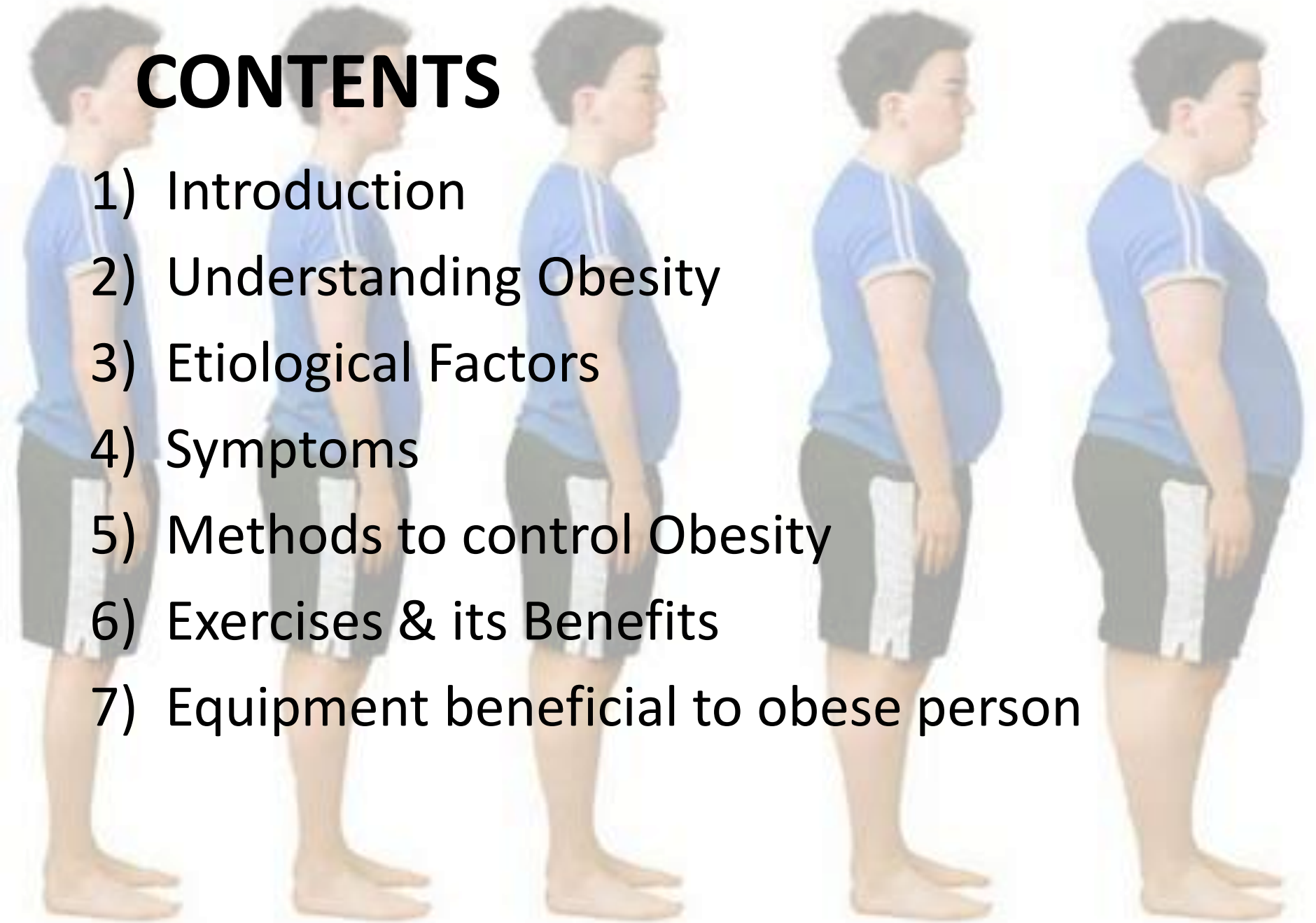
OBJECTIVE

To impart the knowledge on the obesity and weight control with the aerobic and anaerobic exercises.



CONTENTS

- 1) Introduction
- 2) Understanding Obesity
- 3) Etiological Factors
- 4) Symptoms
- 5) Methods to control Obesity
- 6) Exercises & its Benefits
- 7) Equipment beneficial to obese person



INTRODUCTION



OBESITY

- Imbalance between input to the Body & its output.
- Fat or Adipose tissue (combination of essential & storage fat).
- Future energy storage is classified as health problem.

UNDERSTANDING OBESITY

❖ BMI (scientific measurement of obesity)

❖ Defined by WHO-

underweight

<18.50

Normal

18.50-24.90

Overweight

25-29.90

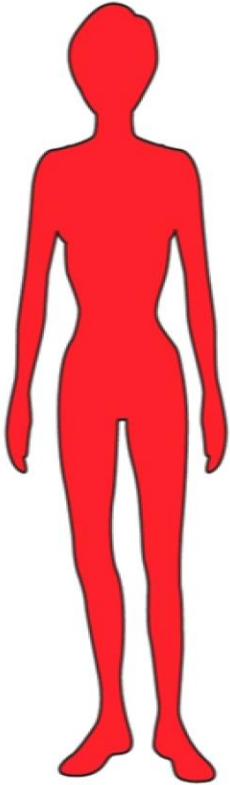
Obese

30-34.90

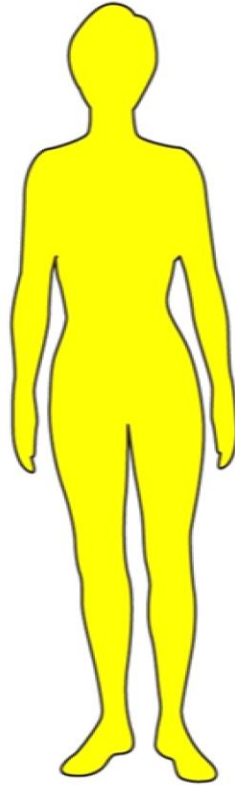
severe Obese

35>

Each woman is 5'5"



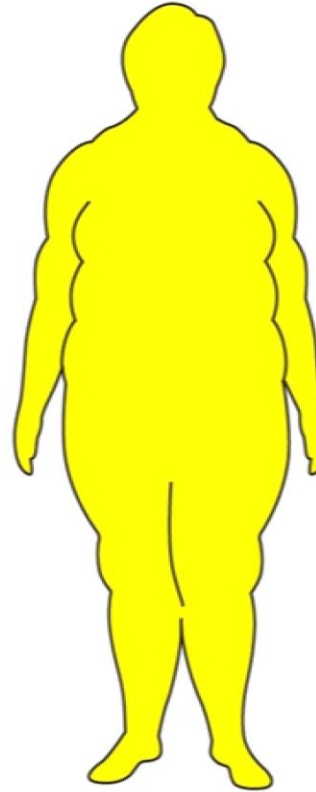
Underweight
110 lbs. or less
BMI = <18.5



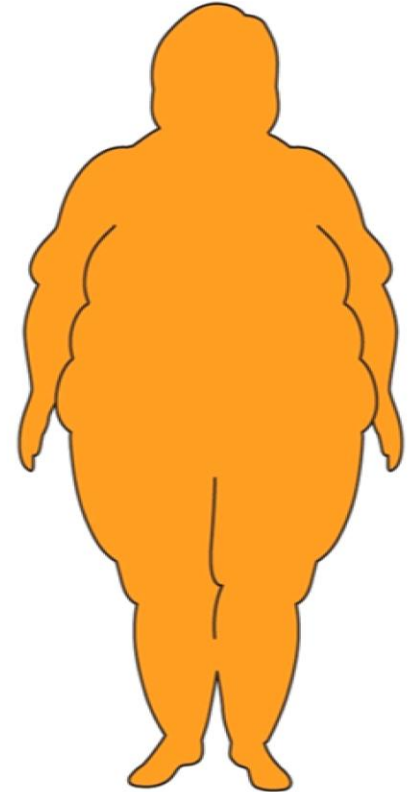
Normal Weight
111-150 lbs.
BMI = 18.5-24.9



Overweight
150-179 lbs.
BMI = 25-29.9



Obese
180-210 lbs.
BMI = 30-34.9



Extremely Obese
211 lbs. or more
BMI = 35>

BMI = <18.5
110 lbs. or less

BMI = 18.5-24.9
111-150 lbs.

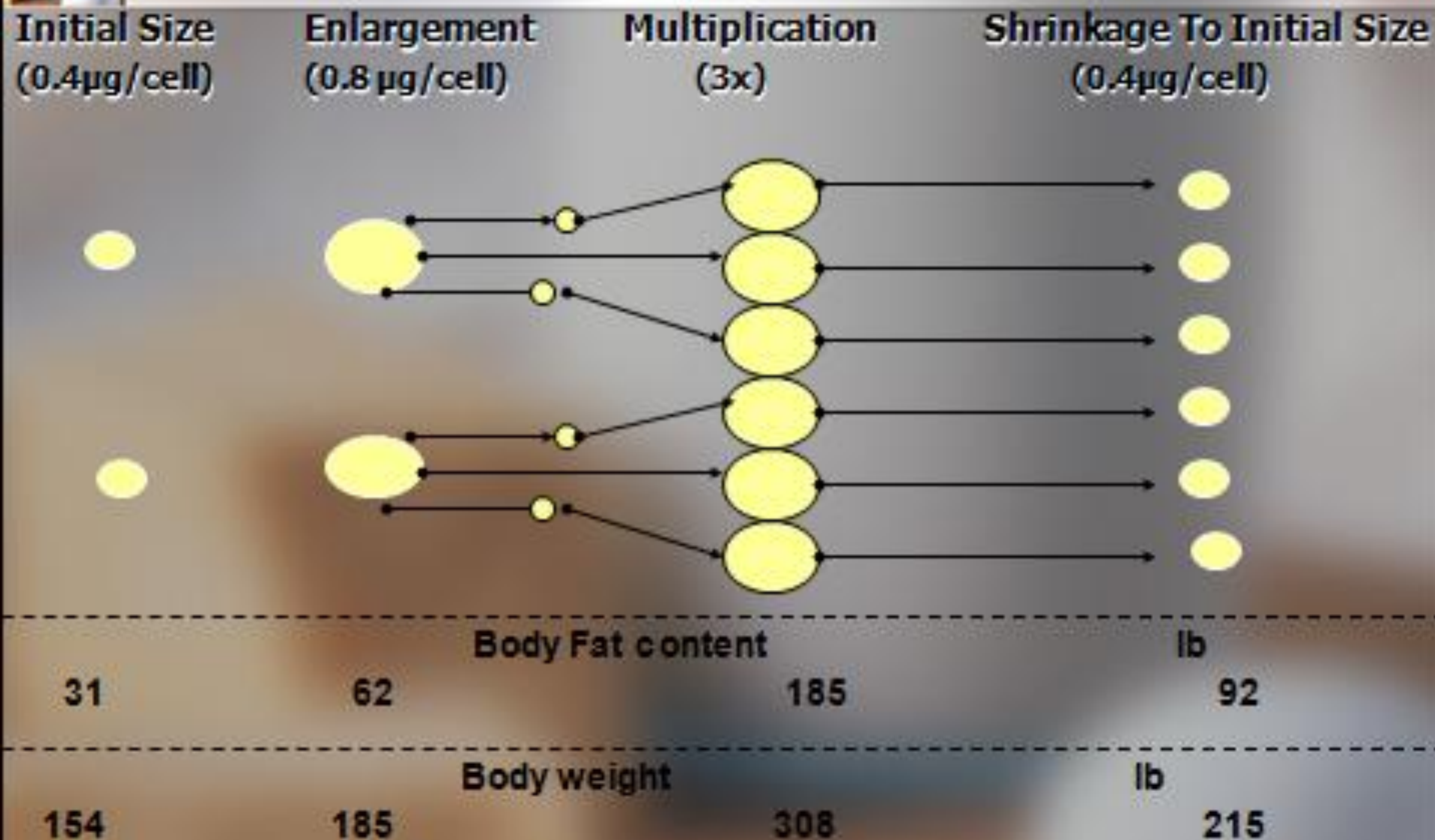
BMI = 25-29.9
150-179 lbs.

BMI = 30-34.9
180-210 lbs.

BMI = 35>
211 lbs. or more

HYPERPLASTIC/ HYPERTROPHIC OBESITY

An increase in Fat cell Number makes weight loss difficult



ETIOLOGICAL FACTOR

- Heredity
- Lack of physical Activity
- Home & School Environment
- Heavy marketing of fast food outlets
- Adverse Socio-economic conditions, especially in high income countries.
- High intake of sugars, sweet & beverages.



HEREDITY



Symptoms

1) Immediate

- Breathlessness
- Sweating
- Snoring
- Inability to cope with sudden physical Activity
- Back pain
- Joint pain

2) In longer duration:

- High blood pressure
- High cholesterol levels
- Arthritis of the back, hip, knees and ankle

Methods to Control Obesity

- Calories control
- Medication
- Surgery
- Gastric Bandage
- Exercise



Exercise & its benefits



Activity that leads to Physical or any kind of exertion but performed to develop or maintain Fitness.

❖ **Aerobic-**

activities done in presence of oxygen.

❖ **Anaerobic-**

Activities done in absence of Oxygen.

Benefits of Exercises



- **Faster metabolic Rate**
- **Better working of Organs**
- **Better Range of Motion**
- **Enhanced Life Expectancy**

Equipment Beneficial for Obese Persons.

- Treadmill
- Recumbent Bike
- Elliptical cross Trainer
- Water Rower





Recumbent Bike



Elliptical cross Trainer

MUSCLES USED WHEN ROWING



Water Rower



SUMMARIZATION

A young boy with dark hair, wearing a blue tank top with white trim, is flexing his biceps. He has a confident expression and is looking directly at the camera. The background is slightly blurred, showing what appears to be a window or a doorway.

- Natural process is the best method to control the weight (physical activity)
- Research has proof that artificial (medication and surgery) have adverse effect (side effect)
- Different etiological factor should control by the victim of obesity.

CLASS WORK

- 1) What is Obesity?
- 2) What are the different equipment use to control Obesity?

TRUE AND FALSE

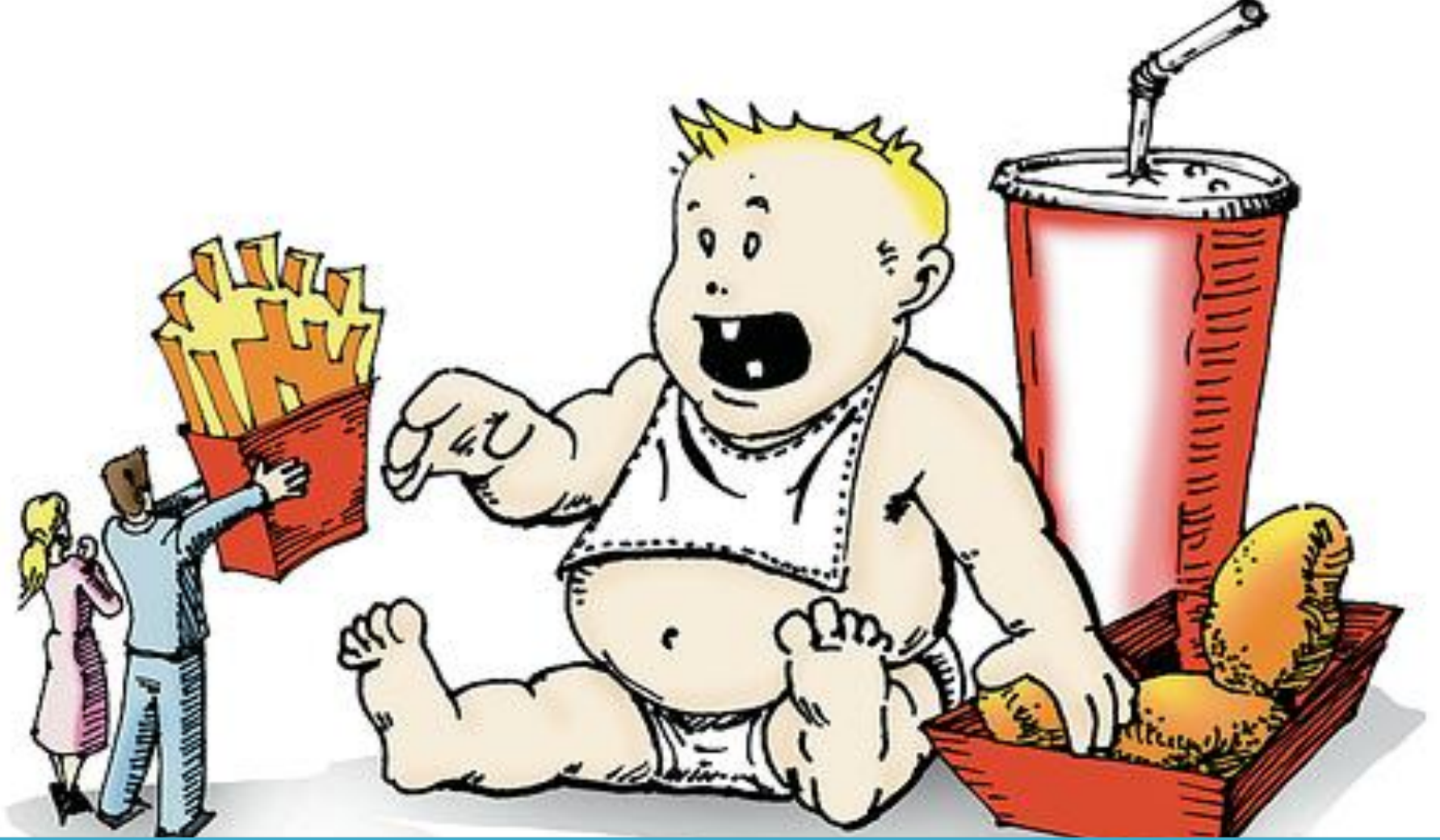
a) Collection of fat in adipose tissue is Obesity.
(true)

a) low intake of sugar, sweet lead to Obesity.
(false)

FILL IN THE BLANKS

- i. The best method to control the obese is.....**Physical activity**

- ii. Full form of BMI is**Body Mass Index**



THANK YOU