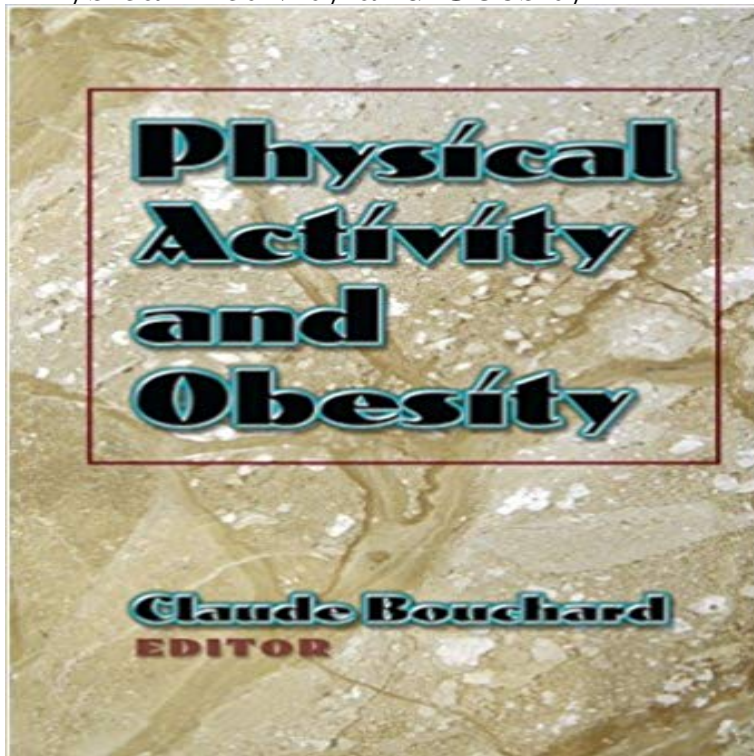


## Physical Activity and Obesity



Obesity and a physically inactive lifestyle are two of the most prevalent risk factors for common chronic diseases in the Western world. *Physical Activity and Obesity* provides the exercise science and sports medicine communities with a much-needed reference that addresses the key issues concerning the link between physical activity (or inactivity) and obesity. Each of the book's 19 chapters is written by one or more experts in the field. These prominent scientists and clinicians provide clear explanations of the concepts, research techniques, and results presented. The authors present up-to-date, comprehensive, and authoritative discussions on the various aspects of physical activity and obesity, and the supporting data is reviewed, tabulated, and diagrammatically illustrated. The chapters are organized into four broad categories so that readers can quickly access those chapters that are most pertinent to their interests and needs. Part I provides an overview of the current obesity epidemic, its implications for morbidity and mortality rates, and its economic burden. Part II includes chapters on the determinants of obesity and the assessments of energy expenditure components and dietary habits. Part III provides an overview of the role of physical activity in the prevention and treatment of obesity for various population groups, including the severely obese, and it addresses the topic of weight loss maintenance. Finally, Part IV focuses on the role of physical activity in the comorbidities of obesity and with respect to the health status of the obese. It also discusses how to modify the physical activity habits of the obese. *Physical Activity and Obesity* is an indispensable resource for researchers, medical practitioners, public health policy decision-makers, and students. In fact, it is an excellent text for anyone who wants to better understand the role of physical

activity in the overall energy balance equation and its influence on the health status of the obese.

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window.ue_csm.cel_widgets = [ { id: detail-bullets }, { id: featurebullets_feature_div }, { id: summaryContainer }, { s: #revMHRL > DIV , id_gen: function(elem, index) { return custRev + (index + 1); } }, { id: sims_fbt }, { id: purchase-sims-feature }, { id: session-sims-feature }, { id: quickPromoBucketContent }, { id: productDescription }, { id: technicalSpecifications_feature_div }, { id: prodDetails }, { id: related_ads }, { id: technical-data }, { id: tagging_lazy_load_div }, { id: consumption-sims }, { id: moreBuyingChoices_feature_div }, { id: product-ads-feedback_feature_div }, { id: DAcrT }, { id: vtpsims }, { c: celwidget }, { id: fallbacksessionShvl }, { id: rhf }, { id: unifiedLocationPopoverSelections } ]; (function(a){var b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a.uet(be);a.onLdEnd&&(window.ad dEventListener?window.addEventListener(load,a.onLdEnd,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,window,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp lit?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag (b[0]:a.ue.tag(nofls)))(ue_csm); var ue_pty=Detail, ue_spty=Glance, ue_pti=0880119098; v (function(g,h){function d(a,d){var b={};if(!e !f)try{var c=h.sessionStorage;c?a&&(undefined!==(ty peof d?c.setItem(a,d):b.val=c.getItem(a)):f=1}ca tch(g){e=1 }e&&(b.e=1);return b}var b=g.ue { },a=f,e,c,a=d(csmtid);f?a=NA:a=e?a=ET:( a=a.val,a (a=b.oid NI,d(csmtid,a),c=d(b.oid),c.e (c.val=c.val 0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u e_csm,window); (function(b,c){var a=c.images;a&&a.length&&b.ue.count(tot alImages,a.length)})(ue_csm,document); (function(m,h){function I(a){if(a)return
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a.replace(/^(//s+ //s+$/g,)}function
x(a,e){if(!a)return{ };a.m&& a.m[k]&&(a=a
.m);var b=e.m e[k]
,b=a.m&& a.m[k]?b+a.m[k]:a.m&& a.m.tar
get&& a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f a.sourceURL
a.fileName a.filename
a.m&& a.m.target&& a.m.target.src,l:a.l
a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={ };c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h l,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){ }}else m.ue.log(b,
d,{nb:1 });if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,

```

```

N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):(\d+): \d+ )?.split(
),join(String.fromCharCode(92))),K=/.*@(
.*):(//d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=([/w//-]+)/
);a=null!==(a?a[1]:null);var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&u
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3)))(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{};b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view}else

```

```
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window);
var
ue_mbl=ue_csm.ue.exec(function(e,a){fun
ction
k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition
{};b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0:!1)&&b.tags
instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1
```

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**WHO Diet and physical activity: a public health priority** Jun 17, 2015 Regular physical activity in childhood and adolescence improves strength Helps reduce the risk of developing obesity and chronic diseases, **[Physical activity and obesity]**. - **NCBI** Oct 24, 2016 At A Glance 2016 Nutrition, Physical Activity, and Obesity: Keeping Americans Healthy at Every Stage of Live. Mar 24, 2017 CDC has identified nutrition, physical activity, and obesity as Winnable Battles. Progress in these areas is being made by developing policy, **Physical Activity for a Healthy Weight Healthy Weight** **CDC** May 15, 2015 Regular physical activity is important for good health, and its Tips for Parents The Health Effects of Overweight & Obesity External Resources When losing weight, more physical activity increases the number of calories **Nutrition, Physical Activity, and Obesity At A Glance Reports - CDC** Apr 8, 2016 Recommended strategies to reduce obesity have focused on healthier diet and physical activity (PA). Clearly, these approaches have not been **Physical Activity Obesity Prevention Source Harvard T.H. Chan** The prevalence of overweight and obesity is increasing at an epidemic rate. Increased adiposity, especially central or visceral adiposity, is predictive of **The role of physical activity and exercise in obesity and weight** Proc Nutr Soc. 2005 May64(2):229-47. Physical activity and obesity prevention: a review of the current evidence. Wareham NJ(1), van Sluijs EM, Ekelund U. **Physical activity and obesity: what we know and what we need to** Obesity and physical activity: a review. **BACKGROUND AND METHODS:** Obesity has become a problem of epidemic proportions in the U.S., with nearly

two **Obesity and Exercise - American College of Sports Medicine** Sedentary lifestyle, unhealthy diet, and consequent overweight and obesity markedly increase the risk of cardiovascular diseases. Regular physical activity **Physical Activity and Obesity: Biomechanical and Physiological Key** Physical activity increases peoples total energy expenditure, which can help them stay in energy balance or even lose weight, as long as they dont eat more to compensate for the extra calories they burn. Physical activity decreases fat around the waist and total body fat, slowing the development of abdominal obesity. **Physical Activity and Obesity: Their Interaction and Implications for** The Role of Exercise in Treating Obesity. What is obesity? Obesity is defined as the condition of being very overweight and having a body mass index, or BMI, **Physical activity and obesity - Obesity - Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz.** 2012 Jan55(1):24-34. doi: 10.1007/s00103-011-1386-y. **Physical activity and obesity in children British Journal of Sports** Nutrition, Physical Activity, and Obesity Across the Life Stages. Good nutrition, regular physical activity, and achieving and maintaining a healthy body weight are **Obesity in adults: Role of physical activity and exercise - UpToDate** Obesity: Physical activity and obesity. Inactive lifestyles are the cause of 25% of deaths due to heart disease in Canada and are a major contributing factor to **Nutrition, Physical Activity, and Obesity Healthy People 2020** The goal of Michigans Nutrition, Physical Activity, and Obesity (NPAO) Program is to prevent and control obesity and other chronic diseases through healthful **Physical Activity Obesity Prevention Source Harvard T.H. Chan** Abstract. Globally, obesity is affecting an increasing proportion of children. Physical activity plays an important role in the prevention of becoming overweight and **Active Healthy Living: Prevention of Childhood Obesity Through Obesity and physical activity: a review. - NCBI** In 2008, the Physical Activity Guidelines for Americans was released, and the Healthy People 2020 physical **Obesity in Children and Adolescents (NWS-10.4) MDHHS - Nutrition, Physical Activity and Obesity Program** Sep 30, 2010 Overweight (OW) and obesity (OB) are often associated with low levels of physical activity. Physical activity is recommended to reduce excess **Physical activity in obesity and metabolic syndrome - NCBI - NIH** Obes Rev. 2016 Dec17(12):1226-1244. doi: 10.1111/obr.12460. Epub 2016 Oct 14. Physical activity and obesity: what we know and what we need to know. **latest data for the topic Nutrition, Physical Activity, and Obesity** Apr 10, 2017 Use the interactive database systems to find state level nutrition, physical activity, and obesity, data, trends and legislation information. **CDC Physical Activity Facts Healthy Schools Nutrition, Physical Activity and Obesity: Data, Trends and Maps - CDC** Chief among the benefits of a healthful diet and physical activity is a reduction in the risk of obesity. Obesity is a major risk factor for several of todays most serious health conditions and chronic diseases, including high blood pressure, high cholesterol, diabetes, heart disease and stroke, and osteoarthritis. **Nutrition, Physical Activity, and Obesity Winnable Battles CDC** Oct 17, 2016 The energy produced by physical activity is a component of energy balance that is particularly important in the pathogenesis of obesity and in **Physical activity and obesity prevention: a review of the current** Claude Bouchard has assembled a superb group of authorities on exercise and obesity, each of whom has written a compact chapter in his or her area of **The Role of Exercise in Treating Obesity Adult Care southeast** Diet and physical activity is a public health priority. Taxing sugary drinks can reduce obesity, diabetes, and tooth decay A drinking glass full of sugar cubes. **Physical activity and obesity in children. - NCBI** Br J Sports Med. 2011 Sep45(11):866-70. doi: 10.1136/bjsports-2011-090199. Physical activity and obesity in children. Hills AP(1), Andersen LB, Byrne NM. **Data, Trends and Maps Overweight & Obesity CDC** This statement outlines ways that pediatric health care providers and public health officials can encourage, monitor, and advocate for increased physical activity