



Exercise and Obesity

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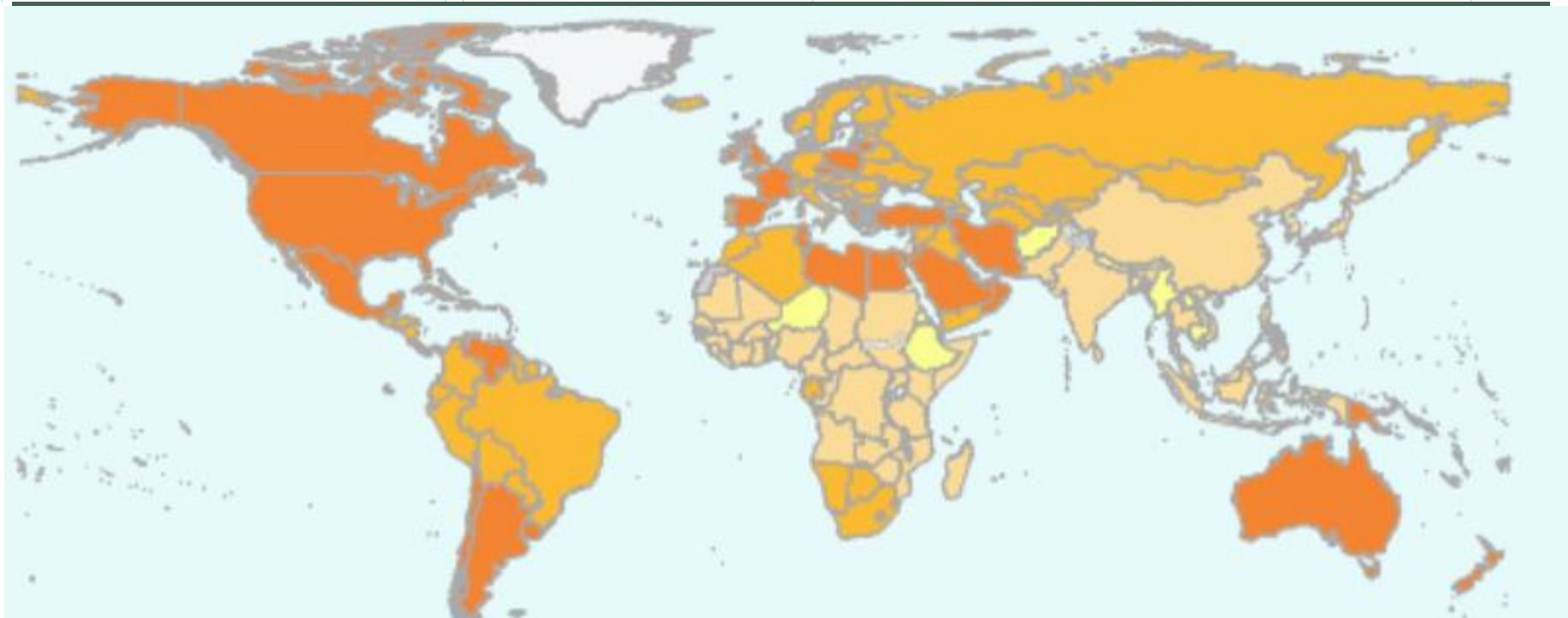
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T.U.M.S

Prevalence





* Body Mass Index $\geq 25\text{kg/m}^2$

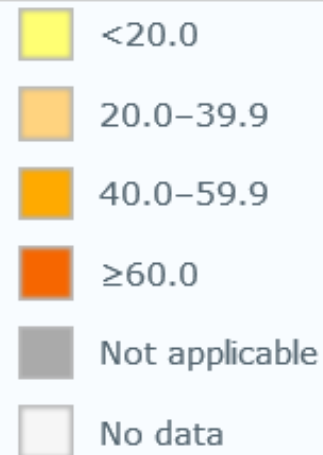
Country ranking (prevalence, %)

Iran: 62.3 (57.8-66.9)

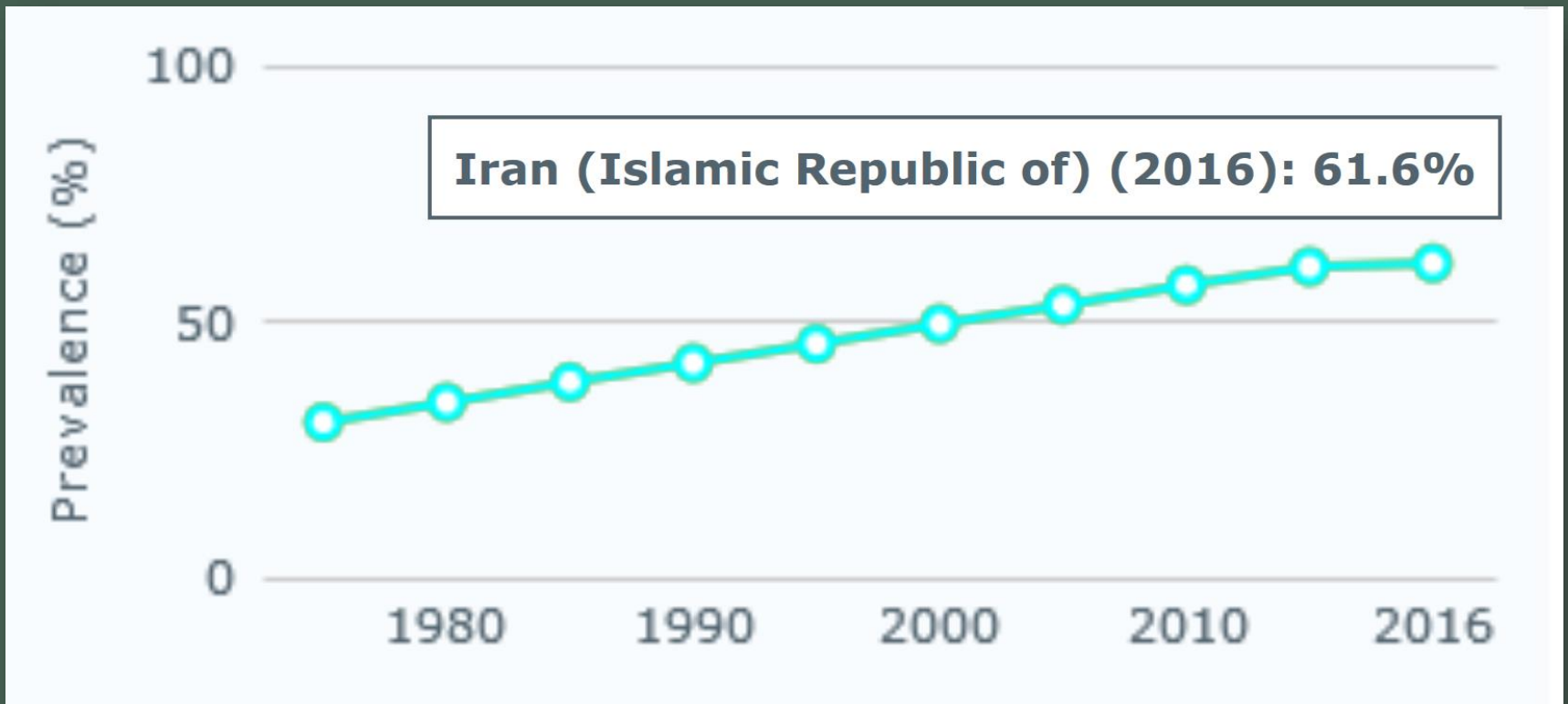
50

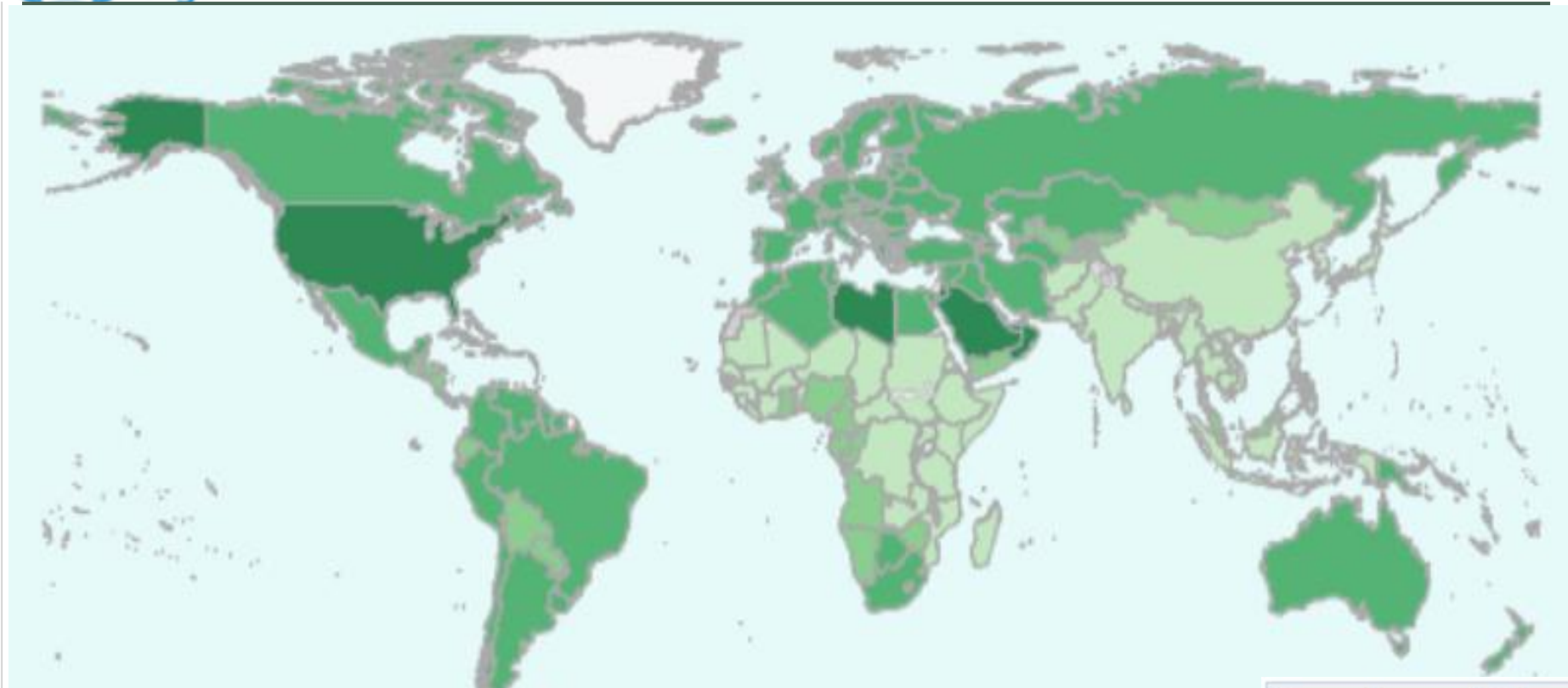
0

Prevalence (%)



Prevalence of Overweight among Adults





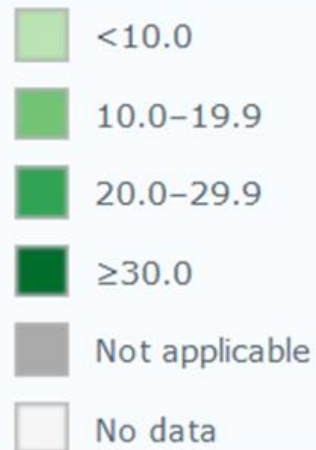
* Body Mass Index $\geq 30\text{kg/m}^2$

Country ranking (prevalence, %)

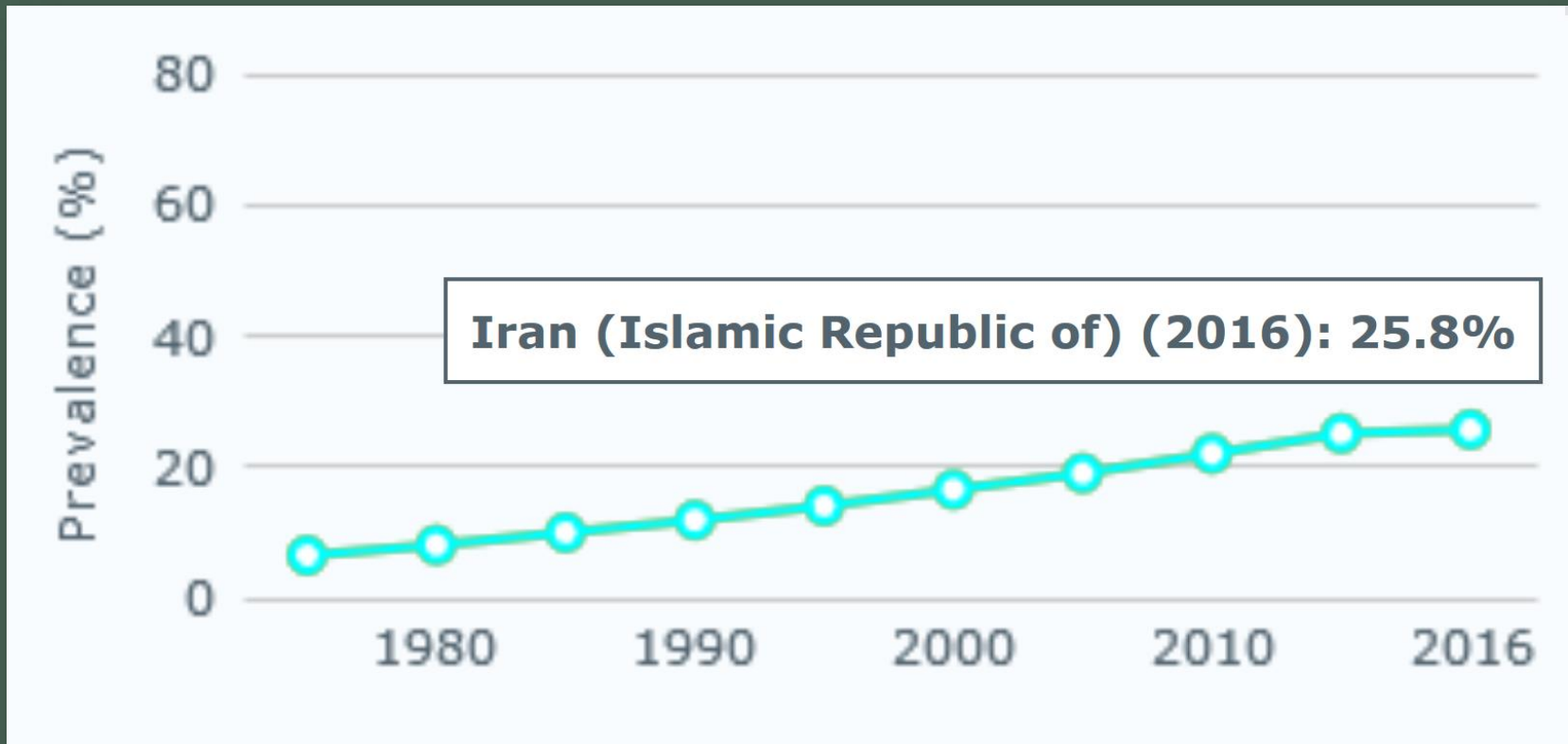
60
40
20
0

Iran: 26.1% (22-30.5)

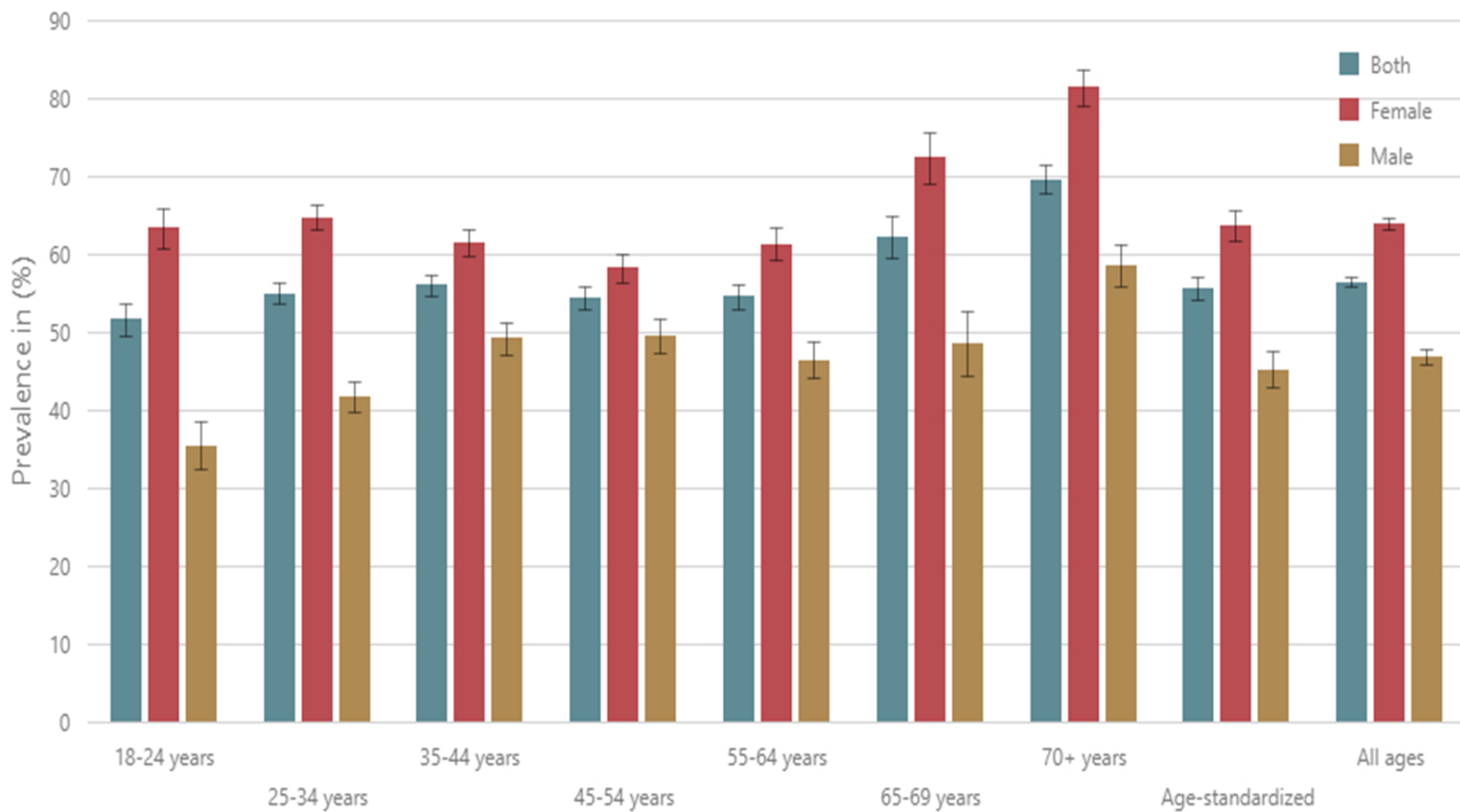
Prevalence (%)



Prevalence of Obesity among Adults



Physical inactivity in Iran



A Multidisciplinary Approach To Obesity Management



Healthy Nutrition

Exercise

Weight Reduction

**Acupuncture
and other
complementary
therapies**

Psychotherapy

Drug and Surgery



**The importance of
exercise and physical
activity
on weight management**

- ✓ **Inducing calorie deficit**
- ✓ **Increasing control on appetite and eating behaviors**
- ✓ **Increasing post exercise metabolism**
- ✓ **Maintaining or increasing lean body mass**
- ✓ **Inducing calorie deficit**

-Lifestyle physical activity

-Aerobic exercises

-Resistance exercises

-Flexibility exercises

and other forms:

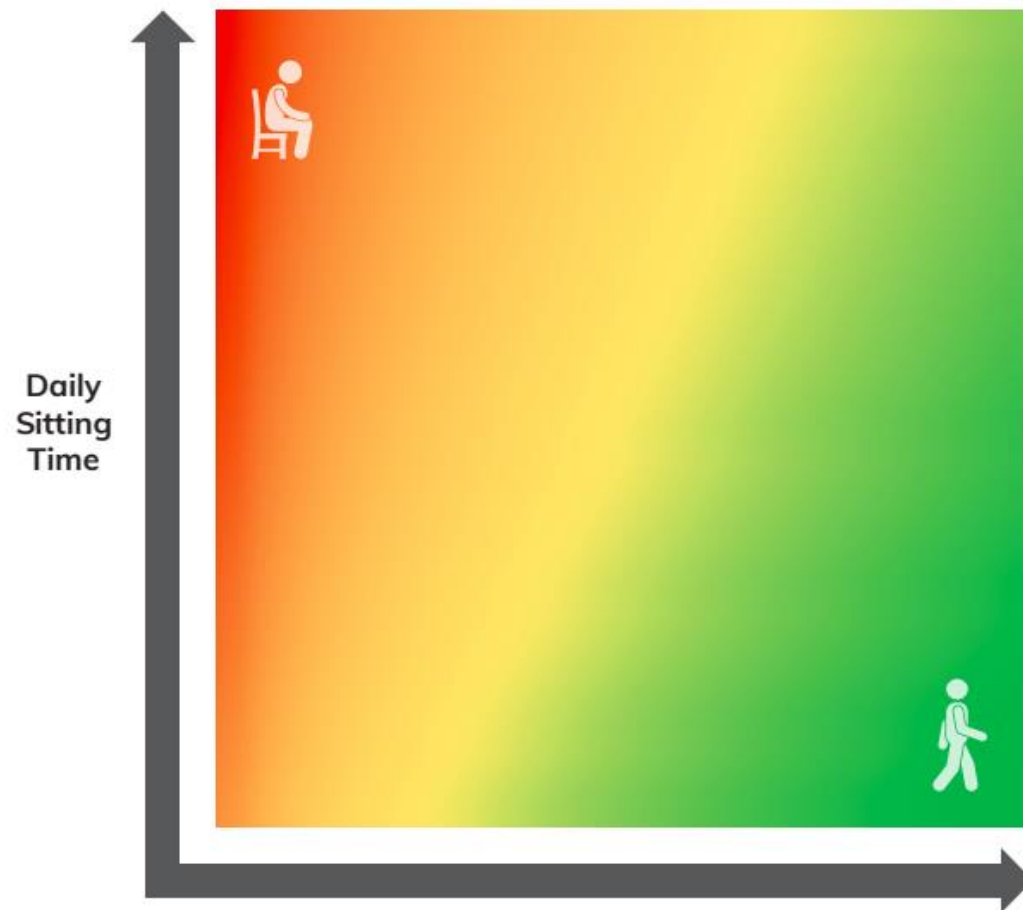
**-Local exercises such as Abdominal
exercises**

Lifestyle

physical

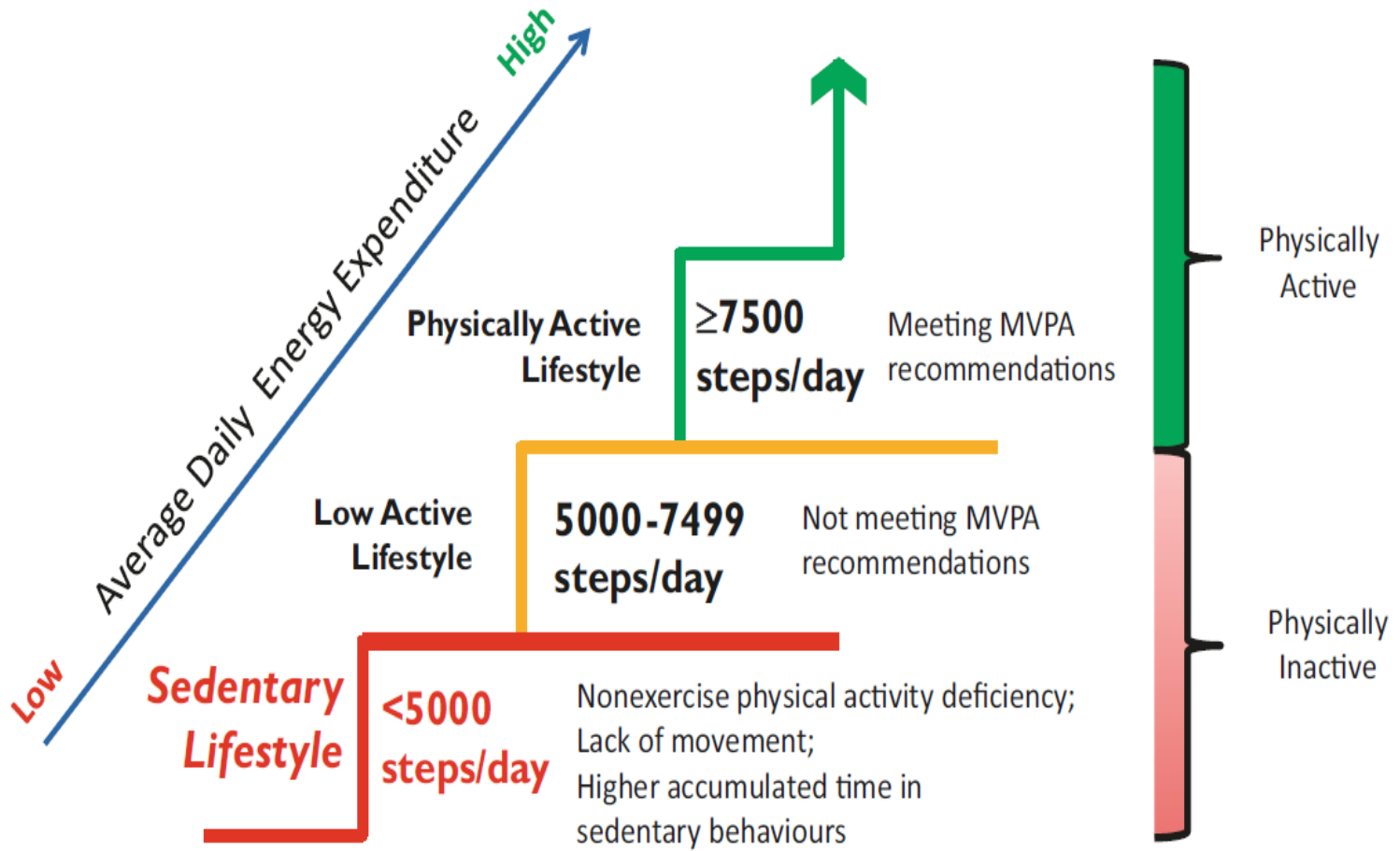
activity

Figure 1-3. Relationship Among Moderate-to-Vigorous Physical Activity, Sitting Time, and Risk of All-Cause Mortality in Adults



Moderate-to-Vigorous Physical Activity
Risk of all-cause mortality decreases as one moves from red to green.

Step-defined sedentary lifestyle index for adults. MVPA, moderate-to-vigorous physical activity.



Target: 10,000 steps/day





Aerobic exercise

ACSM and CDC Recommendations



**150
minutes**
of moderate-
intensity aerobic
activity every
week

2X per week
Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups



Aerobic Exercise

Intensity

Moderate to Vigorous

Aerobic Exercise

Time & Frequency

>250 min/week

Most of the
days/week

Gradual
progression

Cumulative
sessions

HIIT Training

Or

Moderate intensity exercises

???

Resistance exercise



Resistance Exercise

Frequency & Intensity

(large muscles)

3 set, 8-12 rep

2-3 days/week

Aerobic exercises

Or

Resistance Exercises

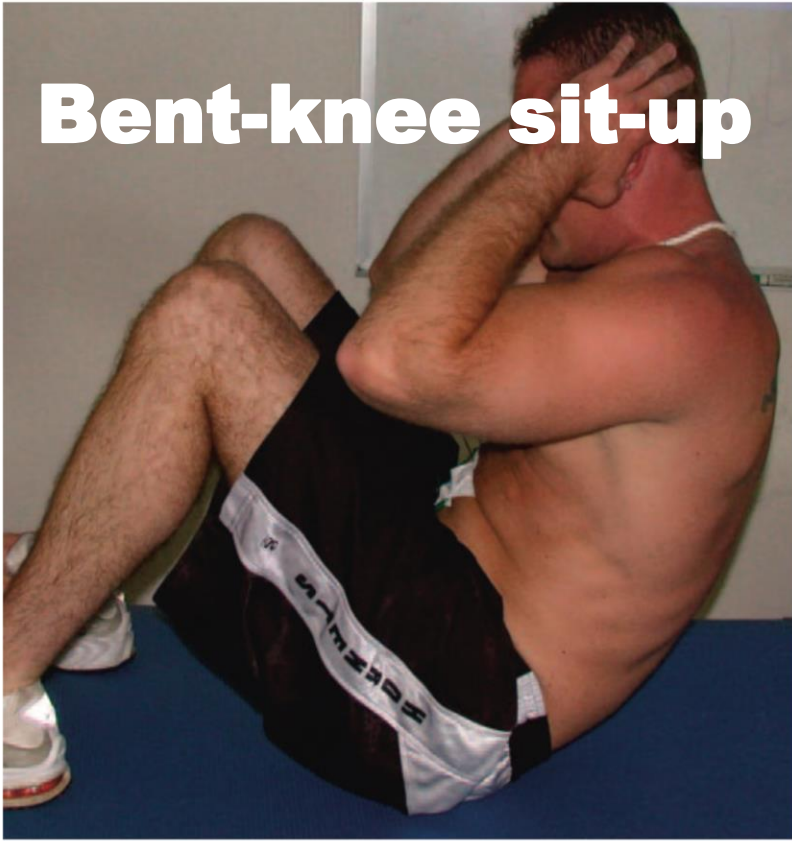
???

Abdominal Exercise

**According to the exciting evidences,
it seems that abdominal exercises
have **no significant effect** on body
weight, body fat percentage,
abdominal circumference, abdominal
skinfold and suprailiac skinfold
measurements.**

**Importance of correct
position during core
exercises**

Bent-knee sit-up



Crunch

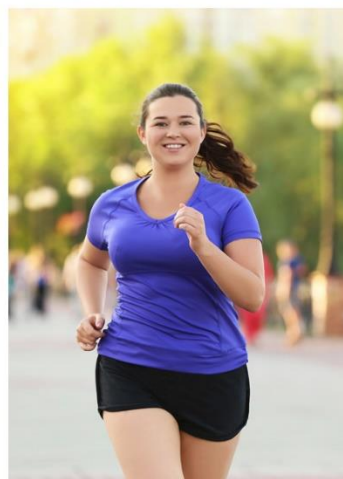


**Review on effective aerobic,
resistive and local exercise
protocols for abdominal
circumference reduction, Journal of
Medical Council of Iran, 2015.**



Physical Activity Guidelines for Americans

2nd edition



ACSM Guidelines

And other references:

U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.



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