Physical Activity, Fitness, Nutrition and Obesity During Growth

www.ebooks.benthamscience.com/book/9781608059461

About the eBook

Changes of dietary intake imbalanced with energy needs of growing children since earliest periods of life pose an inherent risk of obesity coupled with deteriorating health effects. Increasing body mass index (BMI) and excessive adiposity, along with decreasing physical fitness resulting from reduced physical activity predispose children and adolescents towards obesity later in their adult life. A suitable lifestyle including proper physical activity regimes and exercises of adequate character, intensity, regularity and frequency has been shown to prevent or reduce undesirable body fatness and accompanying functional and health risks. This eBook focuses on research findings and recommendations to mitigate obesity risks since early growth stages.

Contents

Foreword by M.-F. Rolland-Cachera
Knight of the Legion of Honour, France

- Secular changes of somatic growth, puberty and obesity
  P. Sediak, J. Vignerová, J. Pařízková
  a. Height, weight, puberty and adiposity (P. Sediak, J. Pařízková)
  b. Body mass index, weight-for-length/height and obesity (J. Vignerová)

- Nutrition in childhood obesity prevention and treatment-role of nutrients
  M. Kunešová

- Objective means of monitoring children’s physical activity and health-related recommendations for its implementation
  E. Sigmund, D. Sigmundová

- Metabolic and hormonal characteristics related to energy balance and adiposity during growth
  L. Listá

- Physical activity, fitness and adiposity during growth and their secular changes in different environment
  J. Pařízková

- Obesity, physical activity and fitness during growth
  J. Pařízková

- Personality problems of obese children and adolescents
  S. Frančková

- Conclusions, perspectives and recommendations
  J. Pařízková