

Bibliografický záznam

JOACHIMOVÁ, Marie. *Následné změny antropometrických parametrů po ukončení tříměsíční pohybové terapie*. Praha: Karlova univerzita, 2. Lékařská fakulta, 2011. 86 s. Vedoucí diplomové práce Doc. MUDr. Jiří Radvanský, CSc.

Abstract

INTRODUCTION: Therapy of obesity is currently based on weight reduction. The recommended strategies are effective for a short period of time but do not have long-term results. A steady rate of regain is observed from 6 months onward, reversion to baseline weight is predicted by 3 - 5.5 years.

GOALS: The goal of this study was to evaluate short-term and long-term effects of three months physical therapy on anthropometrical parameters. The next goal was finding predictors of successful and unsuccessful long-term weight maintenance in this study and the literature.

METHODS: We recruited 20 overweight or obese women (average BMI $28,6 \pm 2,6$ kg/m²). Four anthropometrical parameters (weight, BMI, waist circumference, hip circumference) were measured at the beginning, end and six months after finishing the program. The differences of parameters were statistically evaluated. Each participant filled in a questionnaire which was focused on potential predictors of successful or unsuccessful weight maintenance.

RESULTS: All anthropometrical parameters were lowered after the program. Six months after the end of the program all the average values of the parameters were increased. These results support findings of other follow-up studies. The influence of the eight selected factors was not proved. Even though there is lack of information about weight maintenance or constancy, we have found predictors of successful and unsuccessful weight maintenance.

CONCLUSION: Majority of Czech and world literature is focused on weight reduction but there is lack of studies and recommendations on weight maintenance. The results of this study suggest that usual recommended strategies do not result in long-term stabilization of weight. The focus should move from existing weight-loss targets to promotion of weight maintenance and weight constancy. Given the small number of respondents, it would be appropriate to verify our findings in a larger sample of women and to compare the results with the predictors found in this study.

Keywords

overweight, obesity, anthropometric parameters, physical activity, weight maintenance, weight stabilisation