ABSTRACT

Title: Innovativ ways to affect overweight and obesity (use of the machine Body – Space VacuTherm).

Objectives: The aim of this thesis is to evaluate if walking on Vacutherme encourages and accelerate body fat loss and figure forming as advertisements claim. Based on my own measurements of the clients of our clinic MS Clinic in Slaný I will examine body weight loss, particularly body fat loss, decrease of centimeters of those areas that are exposed to vacuum and change in body composition.

I compare the results of clients enrolled in group used to weight reduction only VacuTherm lesson in the machine, with clients of the second group, which combine lessons in the machine with another physical activity attending at least 2 times a week for longer period of time.

Methods: To get results important for bachelor thesis I chose only measurement method. For data processing, this method is most accurate. I used two forms of measurement. With one presentation helped me body analyzer Tanita BC-1000, which provided me with information that can not be measured by conventional methods. The second option is a common way of measuring the circumference of lots tracked to within one centimeter. At work I examine a group of 20 women who underwent diagnostic input on physical analyzer, where they were measured value body fat, muscle mass, visceral fat, body water, BMI and body weight itself. After ten regular sessions (2x a week) on the machine this diagnostic input will be repeated. There will also be, accurate to one centimeter, measured thighs circuits, hips and abdomen, where are fat deposits retained in the female body frequently. In addition, clients will be forwarded a poll to find out if they perform other physical activity, or practises only in the machine VacuTherm.

Results: Women who practices only in the machine and do not currently perform other physical activity have a greater loss of body fat. Results of body fat decrease and circuit of problematic areas reduction are evaluated in this work positive. Clients participating in the testing found Vacutherm machine effective for weight loss, particularly body fat and cellulite.

Key words: overweight, VacuTherm, body fat, obesity, physical activity, aerobic zone, heart rate, body weight