

Abstract

Topic - Methods of affecting overweightness and obesity by applying non-pharmaceutical intervention with middle-aged women

Goals - The goal is to lay out the methods of intervention in terms of reducing obesity and overweightness, by applying regime changes, or more specifically diets and appropriate physical excercises.

Methods - While composing my thesis, I used the literary research method which uses printed and internet sources.

Results - The success of regime changes in terms of obesity and overweightness shows only then, when we ensure higher energy usage. We have to change the lifestyle as well as apply a diet coupled with frequent physical activity, all of which should be based on the health state and actual physical abilities of the individual.

Keywords: Body Mass Index, fatness, energetic balance, alimentation, movement.