

Abstract

- Title:** Effect of 6-months exercise program and a diet modification on body composition and posture of overweight middle-aged man
- Objective:** The main objective of this work is to verify the effectiveness of an individual, strength-focused intervention program on body composition and posture in overweight person without previous exercise experience.
- Methods:** Bioelectrical impedance analysis (BIA) was used to determine the body composition. As a complement to this method, waist circumference was measured. To determine the postural stereotype, method of Klein, Thomas and Mayer was used. Rough assessment was also performed by selected functional tests and basic posture analysis conducted by a physiotherapist. All measurements were made before and after the program. The training program was performed as a circuit training during the first month (2 times a week). In the following months strength training in series (3 times a week) was performed, supplemented with low intensity aerobic exercise.
- Results:** After 6 months of intervention, changes in body composition were detected, showing a 5% loss of adipose tissue and a total body weight reduction of 9.6 kg. This was confirmed also by a considerable reduction in the waist circumference. The effect of the intervention program has also largely manifested itself in the postural stereotype, where significant improvement was found both in the Klein, Thomas and Mayer method and in the physiotherapeutic examination. From the subjective viewpoint of the person, a higher resistance to stress caused by demanding profession was perceived following the intervention program.
- Key words:** Obesity, physical activity, healthy lifestyle, intervention program, strengthening