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Fat but Fit: Viable and scientific way of obesity management

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Abstract

Presence of excessive fat, especially at the intra-abdominal area would cause for chronic low-grade inflammation leading to serious disturbances in the endocrinal and metabolic cascades and suppressed immune capacity, causing disease conditions. Abundance of leptin due to the severe fat reserves may drive for the condition of leptin sensitivity and may impair the hunger mechanism. Appearance of enhanced cardiometabolic factors among obese is another negative factor. Obese need to tackle the problems of chronic low-grade inflammation, oxidative stress, managing the cardiometabolic markers simultaneously through lifestyle management approaches. Since, functional physiological fitness provides safety against obesity related disorders, it is scientific that obese have to enhance their functional physiological fitness and immune function. Though physical exercise certainly enhances the anti-inflammatory and anti-oxidative capacities of the obese, exercise alone may not be the correct strategy for achieving physiological fitness for health. Myokines released from myotome while exercising are potential game changers in terms of hormonal and metabolic health as these chemical substances cross talk with various tissues and also regulate the cell signalling for better functional physiology even among the obese, but the effects are exercise type and intensity specific. Exercise also has significant positive effects on the cardiometabolic factors even among obese including blood pressure and including leptin metabolism. Exercise can enhance the lean body mass and also reduces the body fat percentage. Exercise itself being inflammatory and oxidative stress, it is ideal that the exercising obese individuals need to be very specific in nutrition management with anti-oxidative and protective nutrients. Emotional stress may induce cortisol dysfunction causing chronic inflammatory and oxidative stress that may lead for tissue degeneration and may foster for stress induced obesity. Hence, physical fitness, nutritional fitness and emotional fitness need to be managed simultaneously for optimal weight management among obese individuals for avoiding obesity related health complications.

Biography

Rajasekhar Kali Venkata has been a researcher and writer in the field of sports sciences and wellness management. Authored book titled "Wellness Management: a lifestyle approach for health, fitness and energy", a unique contribution in health promotion. Member of European College of Sports Sciences and Athens Institute of Education and Research, also works as a review board member for several international journals in the field of wellness, health and sports. Exercise and health, Exercise and nutrition, Ultra endurance activities and health of sportspersons, inter-disciplinary research on exercise, nutrition, emotional health and obesity are some of the important research areas.

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