

Abstract

Title: Designing eating plans for women and men suffering from overweight.

Objectives: Show an importance of lifestyle changes, a modification of diet habits and an inclusion of physical activities in overweight or obesity therapy. Find which aspects made positive influence to the state.

Methods: The study selected five women and five men suffering from overweight. None of them did not operate or operate professionally or competitively any sports. Selected men and women would like to change your lifestyle and this study they had to be developed. I put probands and their questions about their past activities, health and relationship with food. In addition, I measured using bioelectrical impedance and tailoring meter. The last parameter that interested me was the weight, which I measured using scales. Based on all the identified model parameters was compiled weekly individual eating plan and recommended physical activity. The study lasted six months, during which I attended probands and continuously measured them. After 180 days was made final assessment of the impact of changes in eating habits to influence overweight and obesity.

Results: The study demonstrate that physical activities, diet changes and lifestyle changes have a big influence on overweight or obesity fight.

Keywords: obesity, overweight, diet, physical activity, bioelectrical impedance analysis