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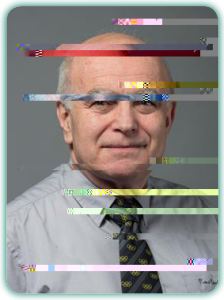

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Active lifestyle is a crucial means of body mass reducing in overweight or obese girls

In developed countries overweight and obesity a ects at least one in three girls. Young people with a high BMI during youth are more likely to remain overweight or obese throughout their adult life. Poor nutrition, in addition to an overall lack of exercise, is one of the major issues of the current modern day lifestyle. e energy content of current nutrition in the Czech Republic has been practically stable over the last two decades. In contrast, the energy content during general, daily functions during the same period, decreased by about 30%. e basis of regime interventions to in uence obesity is increasing the volume of PA regularly carried out to change the sedentary on active life style. e most common questions needed to be answered when designing exercise intervention are thus are the physical assumptions a ected by BM? To assess the predispositions for PA using BC, we can look at the ratio of Extracellular (ECM) and Intracellular (BCM) mass. To verify the dependence of the coe cient ECM/BCM on Body Mass (BM) we used bio-impedance analysis, calculating this ratio for girls (normal BM, N=102, mean age=12.7±3.1 years, BMI=19.4±0.2 kg.m^2; overweight, N=83, 12.7±3.1, 24.9±0.4; obese, N=69, 12.8±3.0, 29.8±0.5). We did not nd signi cant di erences in the ECM/BCM and thus in predispositions for PA and non-signi cant dependence on BM (normal BM, mean ECM/BCM=0.89±0.02; overweight, 0.90±0.03; obese, 0.91±0.02). In conclusion, the morphological predispositions for exercise are not dependent on BM, there do not exists any objective limitations for regular PA realized in the majority of the female population and for successful management of an overweight populous and/or in the case of individual obesity, it is necessary to adapt their life style.

Biography

Vaclav Bunc has completed his PhD from Technical University Prague, Czech Republic. He is a Professor of Exercise Physiology at Charles University Prague, Member of Czech and International scienti fc societies, head of many research projects and author of the great numbers of research reports.

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