



The merits of exercise for the obese individual

By Wayne Matus

President Barack Obama recently signed a childhood obesity memorandum to place an emphasis on the involvement of families in solving the problem of childhood obesity in our nation. There are many health risks related to exercise for obese individuals. However, this does not mean that those suffering from obesity cannot enjoy the benefits of exercise safely.

Obesity is defined as having excess body fat in relation to one's weight. Obesity can contribute to many illnesses and unhealthy conditions. Among these are hypertension and a resultant stress on the cardiovascular system to provide the body with the necessary supply of blood. Generally, obese people have their excess fat situated around the abdominal area. The presence of excess fat in this area usually correlates positively with the lack of strength and stability of the surrounding muscles, especially those supporting the lower back and torso.

As we gather more information on obesity, we find that exercise is a necessary element in decreasing one's body fat percentage. However, those included in the obese population may encounter hardships limiting their ability to perform certain exercises comfortably or at all. As a result of the prevalence of hypertension in the obese community, it is easy to attempt exercises, especially aerobic activities such as walking.

Also, anaerobic activities, such as weightlifting/strength training can be the best exercises for the obese. If you are an obese man, woman, or child wondering what the best exercise options are for you, mark this down: seated strength training routines. These are exercises using resistance machines, as well as sitting on a bench and handling dumbbells and barbells. Another option is to stand while exercising. You stand in everyday life, so you'll be able to stand while exercising with dumbbells, tension tubing or even a small barbell.

It is advisable for an obese person beginning a fitness program to start at low to moderate intensities and to follow proper form for all exercises. This might be easier to accomplish with the help of a personal trainer.

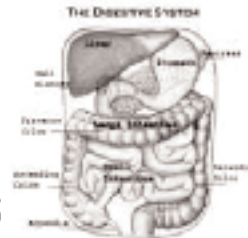
For more information, contact Wayne Matus, owner Fitness Together Freehold, by calling 732-431-5555 or by e-mail at waynematus@fitness-together.com.

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