On the combination of diet and exercise intervention in preventing and treating obesity

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Abstract: Research related to obesity at home and abroad mostly stays on the obesity-producing mechanism as well as on therapeutic boats, fat-related diseases about research. This article reviews the effects of overweight and obese volunteer diet intervention or exercise in advance of weight loss, and aims to provide a science for the public. Reasonable feasible comprehensive means to prevent and treat obesity.

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without economy's continuous send show, multiple internationalization make people all TX structure and lifestyle more Westernized. Outside the meal, people are more fat. Gao Solid alcohol, low carbohydrate and low dietary fiber and other unreasonable meals food structure mainly, increase seajinobese hair. The risk of a disease. If you are not actively taking reasonable scientific precautions, to 2030 Global obese patients will reach one 2 million people. Appropriate weight reduction can reduce the risk of chronic drama blight III. A large number of experiments have shown that, exercise is the most effective forobese people with reduced, but for specific obesity groups, what exercise intensity has been studied. The conclusion of is not yet unified, thereby increasing the sport wind insurance, reduces exercise weight loss. foreign Nutrition Professor Analysis of the causes of obesity through the system, style EDivision from Drink food intervention on the minus

Light weight. This article to the domestic and foreign TX and motion related research intoline 1 statement and propose prevention and effective strategies for treating obesity, available for future research orientation.

1. Diet intervention alone

during the London Olympics The documentary "Enter food, break food and longevity" is set up worldwide by BB CT the has thalight off food craze. forced to paste toThe evolutionary age of food scarcity, break food no longer What's new, the body is designed to deal with break food and design. on the daily total calorie base required by the human body "on the basis of the "less? bucket 50 can, Energy Photolimit calorific pinch to achieve weight reduction Total (calorie restriction, CR) is still the most popular section of the public food. Although this method has weight-loss benefits, but daily intake food is restricted and heat is taken into charge full alert, more number People express difficulties and frustrations. for CR on the downside of, one call Intermittent break food (INtermittent fasting, IF) Themethod is proven to be able to reduce fat moh gas Unlikely limiting calorice intake (CR) is a, intermittent break food (IF) only

Required subjects 3d I Week limit TX Heat, free to connect on non-eye day food, each day

Break Food Live (altErnateda yfastin Day, ADFIs a 1 between Break break food(IF) ile class 5 It is Break-Eat Day

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"(Limit-5%" energy uptake) and "Free Feeding Day "(free to enter the food) alternately made up of the. Recent studies have shown that, IF, and ADFCR all have weight loss effect, but which side in the main weight loss effect more? Guido is not aware of the. This is going to explore these two kinds of drinks food intervention on weight loss which a better one
raise.

1.1 study on the effect of intermittent break-eating method on weight loss

throughinMEDLINEPuLMedusing keywords to search for literature andfilterfound, two intermittentbreak,7In the study of the next day's rats, the subjects were revealed to have a change in weight of overall, found subjects weightin3onWeek's DrinkFoodinterventiondown3%8bucket. on the break day for subjects to provide food1 flatto weightThe key factor for a big drop is. For example, onJohNSONetePeople's research, everydaybreakFood Dayall toADFis provided byparticipants0caloric Food, subjectto type weight through8Weekexperimental intervention dropped8., similar to, otherdowndown6,7Bucket; 's ATheDF8Weekexperiment AlsoThe also breaks the Food Dayto provide the participants with a Food. Bhutanland other scholars ‘ADFexperiments Yesaexception. on12Week., weight of subjects confirmed only dropped4 . O. The fact that the weight loss is restricted isn the entire thereal Testmedium, only onbefore4Weekaffected by the test person to mention for the food, 8Week resolved by subjects themselves period Food. another affect body the factor that appears to be a drop is a weekly break Number of times to eat less thanisodd is, vs. Subjects article number: 2095-2813 (2015)L2 (b)-ool9-02 only light breaks. L 2Times/Week's isF compared to, ADFup to34times/Week weight reduction Higher a, ADF weight loss about0.1 kg/Week, IFdescent0k g/week. clinicians recommend to patients who want to lose weight quickly ADFPolicy, for patients who want to lose weight at a slower, provide the IF prescription.

1.2 Study on weight loss effects of calorie restriction method

in10articlethe CRexperiment showed the subjects ' weight-loss changes. The results from these studies show that, subjects on6Week CR weight loss after intervention4bucket. I4cano. Subjects Parameters vs CRT. the more the period fast, weight loss width degree greater. in Larsen MEyeR, and so on Scholars Studies, overweight subjects were randomly divided into the following 3 Group, (L) per-limit intake so Heat. (2) daily limit of references 25 bucketu Heat '(3) every day free to mention Control group for food after week intervention, results are displayed, with everyday% the Caloric restriction group Weightloss(IO,) compared to daily. The heat of the group is the test participants lost weight (.o) range more dog, the results of other researchers ' experiments are also in CR Real when, large amounts of nutrients in food rationing than Example Quasi-flat to weight reduction efficiency is not produced lives shadowing. Mela Research by scholars such as NSO N confirms this point. They take the daily2 Hot Quantity Restricted Low-energy drink Food and daily U calorie limit Low-sugar index drink food comparison, 12 weeks after, even though the two groups of participants have eat differently with

ratio of nutrients, but the percentage of weight loss is very close to (4% ). U. This outside the, It is noteworthy that, overweight and obese individuals, men and women in pass CR experiment, Knot. The results show that the percentage of weight loss tends to be oneto., The elderly and the young pass the overclass like experiment proof of weight loss no fertility difference. Forexample, Deluisef The human study found that

-1; males and females in a period of 12 daily limitsystem 25 bucket Energy extraction and class like experiment under the intervention of the middle-aged people The degree of weight reduction at the end of the experiment is equivalent to, therefore, different sexno, yearage and BM! the degree to which The subjects of the level had a weight loss in a test similar to CR Trend to one F State.

1.3 Summary

Recent research shows, in the same experiment week with similar Rong period, and IF A D FandCR phaseratio, CR the method has a better weight-reduction effect. Limit Intakehotrange degree greater, longer intervening period minus Better effect. IF, A D F and CR appeared men and women, seniors, and JL Child and Pre-diabetes people have weight-reducing effects.

2. Simple Motion Intervention
physical activity is a decisive factor in improving chronic disease. Our country in the implementation of universal implicit body Project when advocated 'each person to participate in more than sports fitness Tao move, school should be guaranteed. Certificate students participate every day. One hour physical exercise to cetera policy, but, These recommendations can be added to the to improve the weight-loss of overweight and obese groups. In addition to, because most people rarely have exercise idle time, which sport mode is more effective for health, show

Is particularly important. Aftersummary, This article probes only the following Two kinds of exercise weight loss methods.

2.1 Shen Low intensity long time aerobic exercise weight loss effect study. Aerobic exercise mainly ends full fire burn body extra fats push it into heat and water,

Figurines, in particular, maintaining a student's body balance is important. But on current sport Force, regardless of the student body action is big small, speed or accept put, all attaches great importance to the students' strength dancing in the education and training to pay attention to the inner and the leftcauses students to run in a sports dance with a stiff and soft celery you. But from to Some teachers do not recognize in sports dance education The performance Rong Athletics and no education deal with the dynamic and regret relations, and then to whole sports dance recognize this one Point 2 so it's not blind. To fully handle the students' rigid and flexible in sports dance movement. The performance of Rong Athletic effect has a great impact on the for this, teacher in sports dance education training relationship, severe shadow ring the performance of the Student Sports dance action table anger in the process, it is difficult to

These should focus on guiding students to maintain a body-and-left balance department, and directing its attention to the left hand and own more detailed feelings of grace to display, for this, Teachers in sports dance education to teach right foot, right hand and left foot key parts of the dynamic Pingyang relationship, to help studentsto instruct students to deal with the relationship between soft and soft and good behavior in learning, and guides the student to Enhance one's own professionalism in athletic dance performances, which is also the dance of sports the inner spirit of the quality and external action manifestations, etc. one, so that students should be taller in the education training degree of importance of balance off department. Sports Dance Watch the more subtle emotions are expressed in the.

2.2 reflexive action Relationship

reflexive action as a student in a sports dance flag or rodeouse One kind of body5 Conclusion

Action, regardless of whether the student's body is in a forward or backward motion, the body is relative to comprehensively described above, This article is based on Ecological view the balance of sports dance action in m, that move the foot in the direction osf that the body and dance steps can form a one reverse fit Line Research, from many aspects of sports dance action Pingyang relationship was studied, Body Actions, and in this process, focus on guiding students to keep balance on both sides of the body teachers in sports dance education Training Practice should pay attention to deal with all the bat off the department, Make sure I relation ship. The teacher should instruct the students to take the reflexive action in the Sports dance education training with, especially State College sports dance education and training level to higher levels.

It is how to do this correctly in the rotation with reflexive, students must learn to follow the effective articulation between body movements, consistency in student body movements, Stable Sichuan GUI study on the effects of Fangfang respiration and regulation on improving Latin dance [1]. sports Qualitative is important for with World, 3 before.

[2] find Yu. Study on the technical ability and training of Chinese elite Latin dancers’ introduction to the band [J]. The most important sport dance action feature is rigid-flexible and Jinan, this is because sports [3] hokalisa. Study on the relationship between the nine major dynamic balance in sports dance training [J]. Zhanjiang Normal University Dance is One kind of sports art that attaches importance to the inner power of Wu Yi, and student's external expressive display College journal, 14(3):1, 1.

Showalso ten attach importance to rigid and flexible and Jinan Solid now, which is a whole, Spiral, strong and weak double Shadow rings. Long-term weight loss researcher and the expert of the training guidance confirms that Ding can
achieve the goal of weight loss. Zhang Shaosheng and other scholars from the fat inside the adiponectin and Serum singleThe movement without controlling the drinkFood, itsagreatweight-loss,while simple dietary intervention althoughThe cell level of the element Analysis applied experimentally to obese women12 Week with weight loss, but also lost a lot of physical weight, ultimately affect the health of the"Kang. "tooxygen Movement, resultsshow subjects weight, BM!; body fatminutestanshow drop(p<0.05), on overweight and obese, The combination of diet intervention and exercise is to reduce the body fat table think that the Qi oxygen movement can change the blood lipid level, promote hunger. More health Kang. Patrick make it subject to The best choice to maintain or increase lean weight. Foreign aerobic exercise. Of research shows, parameter the the participants period 2% Daily Walk in week ten steps, results show Average daily plus a strong sense of dynamic aerobic exercise combination drink food control weight loss better. linego 3994 Step, can reduce body fat content, achieve weight loss, while Li long break more dry.

Dry with Oxygen motion may cause Obesity they the boredom of the mind is hard to keep going. 4 Epilogue

2.2 effect of large intensity intermittent exercise on weight loss IIF, ADF, and CR3 species drink food intervention for overweight and obese patients have weight reduction due to the rhythm of the Bedtime IP play, most number When a person lacks a chunk | break into Sports Report, pasefficacy. fjiinlong-duration aerobic exercise and large-intensity intermittent exercise vs overweight and often only in athletic training application of large intensity intermittent exercise through domestic and foreign studies Obese patients also have a good weight loss effect due to overweight and obese users The topspecial

Scholar's promotion, slowly entered the mass birth of the Han. Scholars such as Wang June broke the traditional idea of the crowd, therefore, in the choice of intervention should follow the principle of alignment, and combine their interests, binding, that the high intensity intermittent exercise can achieve a better weight loss effect. He analyzed The comply with Doctort's recommendation to select the appropriate intervention policy. Persistence is the most out, because of oxygen loss during exercise, Therecovery period after exercise requires a large amount of fat fort he effective weight loss policy.

can repay this part of Oxygen Loss, promote body recovery and achieve better weight loss.

De Araujoincrease intensity for obese Teens Load, for participants after week References BM! The value has been dropped 5 Sichuan. Recent research has shown strong degree intermittent movement [!] suleen Sho, satinder Sdhaliwal, Andrew PHetl, et al. The weight loss effect has been preliminarily confirmed, and may produce different fat from different parts The effect of Angeles Eeksofaerobilis, resistance core combina tion degree effect ILL vs. Low strong degree with oxygen campaign, Big strong degree intermittent motion pairs Exercise Raining on Cardiovascular risk factors In the Veoj Theerburns abdominal fat better than any other effect is restricted by body Bar, weight and obese in a randomized trial [j]. BMC publi Health, This type of movement for overweight and obese patients is great challenge for the, a, (1), 704.

Summary [2] Monica CKleMPel, Cynthia MKroegeR, Sura HiBhut AnL et Exercise weight loss intervention needs scientific and reasonable guidance, also also need with to. In Termi nential Fast Ing combined with calorie REST rictionos constant, Gradualin process. effective for weight loss and cardio protection In/ b18 > Obese

References

Chenand Strongeto HIT new ideas on weight loss [J]. when Generation Education technology, 14 in rat experiments, the control of fat cells and the degree of obesity can be drunk Food and motion(): 11:-.