

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 means, fat-related diseases about research. This article reviews the effects of overweight and obese volunteers on 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.

Keywords: 2Dietary intervention Exercise intervention obesity

Middle Figure category number, G812 Document Label Code only A

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 adipose tissue 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 disease. A large number of experiments have shown that, exercise is the most effective for obese 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 E Division from Drink food intervention on the minus

Light weight. This article to the domestic and foreign TX and motion related research into line 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 BBC The has the light off food craze. forced to paste to The 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 caloric 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) The method is proven to be able to reduce fat mass. Unlikely limiting caloric intake (CR) is a, intermittent break food (IF) only

Required subjects 13 d limit TX Heat, free to connect on non-eye day food. each day

Break Food Live (alt Ernateda y fastin Day, ADF is a between Break break food (IF) i je class 5 It is Break-Eat Day

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"(Limit-%) energy uptake) and "Free Feeding Day "(free to enter the food) alternately made up of the. Recent studies have shown that, IF, and ADF CR all have weight loss effect, but which side in the main weight loss effect more 1 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 tohave a change in weightof.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,onJohNSONetcPeople's research,everybreakFood Dayall toADFis provided byparticipants0calorie Food,subjecttoitype weight through8Weekexperimental intervention dropped8,.similar to, otherdowndown6,7Bucket,'sATheDF8Week experimentAlsoThealso breaks theFood Dayto provide the participants with aFood.BhutanIand other scholars 'ADFexperimentsYesaexception.on12Week,,weight of subjects confirmedonly dropped4 '. O.The fact that the weight loss is restricted ison the entire therealTestmedium, only onbefore4Weekaffected bythetest person to mentionfor thefood,8Week resolved by subjects themselvesperiodFood.anotheraffect bodythe factor that appears to be a drop is a weekly breakNumber of times to eat.less thanisodd is,vs. Subjects article number:2095-2813 (2015)L 2 (b)-ool9-02

only light breaksL 2Times/Week'sIFcomparedto,ADFup to34times/Week weight reductionHigher.a.,ADFweight loss about0.1 kgWeek, IFdescent0k g1week.clinicians recommend to patientswho want to lose weight quicklyA DFPolicy, forpatients whowant tolose weightat a slower, provide theIFprescription.

1.2 Study on weight loss effects of calorie restriction method

in10articletheCReperiment showed the subjects ' weight-loss changes.The resultsfrom thesестudies show that,subjectson6Week CRweight loss after intervention4bucket.I4cano.SubjectsParametersvsCRThe more the periodfast, weight losswidthdegree greater.inLarsenMEyeR, and so onScholar Studies,overweight subjects were randomly divided into the following3Group,(L) per-limit intakesoHeat,(2) daily limit of references2SbucketuHeat '(3)everyday free to mentionControl group for food.afterweekintervention, results are displayed, with everyday%theCaloric restriction group Weightloss(IO,) comparedto,daily.Uthe heat of the group is thetest participants lost weight (.o) range more dog.theresults of in other researchers ' experimentsarealso.inCRRRealwhen, large amounts of nutrients in food rationingthanExampleQuasi-flat to weight reduction efficiency is not producedliveshadowring.MelaResearch by scholars such as NSO N confirms thisonepoint.They take the dailyoHotQuantityRestricted Low-energy drinkFood and dailyUcalorie limitLow-sugar index drinkfood comparison,12weeks after, even though the two groups ofparticipants have theeat differently with

ratio of nutrients, but the percentage of weight loss is very close to (4%5 '. U).Thisoutsidethe,It is noteworthy that, overweight and obese individuals, men and women in passCReperiment, KnotThe results showthat the percentage of weight loss tends to beoneto,.The elderly and the young pass theoverclasslike experiment proof of weight loss no fertility difference.Forexample,DeluiseThe human study found that

-1;males and females in a period of12daily limitsystem25bucketEnergy extraction and classlike experimentunder the intervention of the middle-agedpeopleThe degree of weight reduction at the end of the experiment is equivalent to.therefore, differentsexno, yearageandBM!thedegree to whichThe subjects of the level had a weight loss in a test similar toCRTrendto oneFState.

1.3 Summary

Recent research shows, in the same experiment week with similar Rongperiod,andIFIADFphaseratio,CRthe method has a better weight-reduction effect.Limit Intakehotrangedegree greater,longer intervening period minusBetter effect.IF,A D FandCR appearto men and women, seniors,andJLChild andPre-diabetespeople 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 1 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 set 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. After summary, 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 left causes students to run in a sports dance with a stiff and soft celery too. 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 shadowing The performance of the Student Sports dance action table anger in the process, it is difficult to

This 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 students to 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 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 rodeo use One kind of body 5 Conclusion

Action, regardless of whether the student's body is in a forward or backward motion, the body is relative to a comprehensive described above, This article is based on Ecological view the balance of sports dance action in

m, 1 move the foot in the direction of so 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 1 bat off the department, Make sure I relationship. 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

Follow "to left first right, the basic principle of right first left, in order to maximize security **References**

effective articulation between body movements, consistency in student body movements, Stable Sichuan GU study on the effects of Fangfang respiration and regulation on improving Latin dance [J]. sports Qualitative is important for with. World, 3: before,.

[2] find Yiu. Study on the technical ability and training of Chinese elite Latin dancers ' introduction to the band [J]. 4 the relationship between rigid and soft in sports dance action Beijing body Yu University journal, 12(7):-.

The most important sport dance action a 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 Wuyi, and student's external expressive display College journal, 14(3): 1, 1.

Show also 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 research and 1 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 single The movement without controlling the drink Food, it's a great weight-loss, while simple dietary intervention although The cell level of the element Analysis applied experimentally to obese women 12 Week with weight loss, but also lost a lot of physical weight, ultimately affect the health of the "Kang." too oxygen Movement, results show subjects weight, BMI, body fat minutes than show 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 off research shows, parameter the participants period 2% Daily Walk in weeks ten 0 steps, results show Average daily plus a strong sense of dynamic aerobic exercise combination drink food control weight loss better. line go 3994 Step, can reduce body fat content, achieve weight loss. while Li long break more dry

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

2.2 effect of large intensity intermittent exercise on weight loss IF, ADF, and CR3 species drink food intervention for overweight and obese patients have weight reduction due to the rhythm of the Bed tight I Play, most number When a person lacks a chunk | break into Sports Report, passefficacy. f jin long-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 to special

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 Doctor's recommendation to select the appropriate intervention policy, Persistence is the most out, because of oxygen loss during exercise, The recovery period after exercise requires a large amount of fat for the effective weight loss policy.

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

De Araujo increase intensity for obese Teens Load, for participants after week References

BMI! The value has been dropped 5 Sichuan. Recent research has shown strong degree intermittent movement [!] suleen Sho, satvinder Sdhalwal., Andrew PHletls, et al. The weight loss effect has been preliminarily confirmed, and may produce different fat from different parts The effect of Angeles Eeksofaerobliis, resistance or combination degree effect ILL vs. Low strong degree with oxygen campaign, Big strong degree intermittent motion pairs Exercise Rain on Cardiovascular risk factors In the ov The burns abdominal fat better than any other effect. is restricted by body Bar, weight and obese in a randomized trial [j]. BMC public Health, This type of movement for overweight and obese patients is a great challenge for the., a, (1), 704.

Summary [2] Monica CKleMPel, Cynt Hia MKroegeR, Sura Hi Bhut AnI, et

Exercise weight loss intervention needs scientific and reasonable guidance, also need with to. In Termittent Fast Ing combined with calorie RESTRIction is

constant, Gradual in process. effective for weight loss and cardio protection In/b18 > Obese

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