conferenceseries.com

JOINT EVENT

17th World Congress on Nutrition and Food Chemistry

&

14th Euro **Obesity and Endocrinology Congress**

September 13-15, 2018 | London, UK

Benefits of step-counting device-based intervention in overweight participants

Kornanong Yuenyongchaiwat, Duangnate Pipatsitipong and Panthip Sangprasert Thammasat University, Thailand

Observed with significantly lower weight, waist circumference, BMI, body fat percentage, resting systolic blood pressure and blood sugar (p<0.05) as compared to what it was prior to the study program. Further, the benefits of accumulating 10,000 steps a day were noted in mental health conditions: decreased tension, depression, anger, confusion, fatigue. In conclusion, accumulating at least 10,000 steps per day were noted in mental health conditions: decreased tension, depression, anger, confusion, fatigue. In conclusion, accumulating at least 10,000 steps per day resulted in improved anthropometry (BMI, % body fat, waist circumference). In addition, a in reduction resting systolic blood pressure, blood glucose and decreased mental health conditions that increase in physical circumference.

Biography

Kornanong Yuenyongchaiwat completed her PhD from the University of Derby, United Kingdom. She is the Assistant Professor of Physiotherapy at the Faculty of Allied Health Sciences, Thammasat University, Thailand. Her research focuses on cardio-respiration in physiotherapy, cardiovascular reactivity and health psychology, physical activity and geriatric conditions.

ykornano@tu.ac.th

Notes: