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What effect does exercise have on obesity?

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The world is in the midst of a significant public health problem related to obesity and inactivity. This epidemic has far-ranging consequences on the workforce of the world and on our children, and shows no signs of slowing down in the near future. Significant research has been performed on the effects of exercise for the reduction of body weight, with most studies indicating that exercise alone has a small effect on body weight reduction independent of caloric restriction. When combined with dietary restriction, exercise has a synergistic effect and enhances weight loss beyond the effect of diet alone. Exercise also has been shown to have significant beneficial effects on cardiovascular and metabolic risk factors independent of actual weight loss, and losing just a small amount of weight can have a significant beneficial effect. Genetic factors related to obesity have been found to be positively modified when individuals incorporate physical activity into their lifestyle. Sitting time also appears to be an independent risk factor for the development of metabolic risk factors; individuals who spend more time sitting and watching television have worse metabolic profiles, even if they achieve the recommended amount of physical activity per week. Exercise is essential for the prevention of weight gain over a lifespan, though the amount required to prevent weight gain may be closer to twice the amount of exercise.

Biography

Edward R Laskowski has contributed hundreds of articles to various publications, scientific journals, and media on rehabilitation, sport medicine, and fitness topics. He has been appointed and served on the President's Council on Physical Fitness and Sports under Presidents Bush and Obama. At the 2002 Winter Olympics in Salt Lake City, he served on the medical staff at the Olympic Polyclinic. He also has been chosen by fellow physicians in the United States as one of the "Best Doctors in America" for the last thirteen years.

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