Physical Activity and Obesity - 2nd Edition

Claude Bouchard, Peter Katzmarzyk
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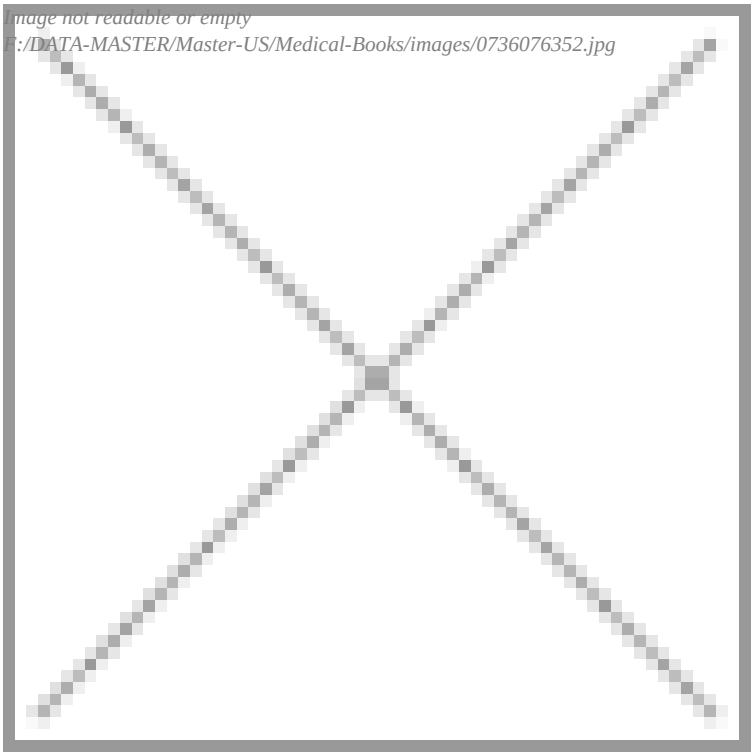

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Claude Bouchard, Peter Katzmarzyk : Physical Activity and Obesity - 2nd Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Physical Activity and Obesity - 2nd Edition:

0 of 0 people found the following review helpful. Four StarsBy Meg WiedenbennerTextbook3 of 3 people found the following review helpful. The go-to resource for those who work with overweight patientsBy Susanna HutchesonIs obesity the result of overeating, lack of exercise or both? This book helps clarify the issue of obesity as it relates to the lack of proper physical activity and how to address the problem.The author tells us, "Physical activity is recognized as a critical aspect of behavioral weight control interventions. Typically, behavioral weight control programs have encouraged participants to gradually increase their activity until they achieve a level of at least 1000 kcal/week of moderate-intensity physical activity. This level of activity would equate to approximately 10 miles of brisk walking per week and would take about 150 min per week to complete. The 150 min per week exercise goal has been adopted in several large weight loss trials such as the Diabetes Prevention Program."High levels of physical activity can prevent and even cure obesity. "The National Weight Control Registry (NWCR) provides further evidence that weight loss maintainers are characterized by high levels of physical activity. The NWCR was established in 1993 to investigate the characteristics of individuals who have succeeded at losing at least 30 lb (13.6 kg) and keeping it off at least one year. Currently there are over 5000 individuals in the registry. These members far exceed the minimum eligibility criteria; on average they have lost almost 70 lb (32 kg) and kept it off almost six years. Analyses of approximately 3000 registry participants indicate that the average participant reports 2691 kcal/week (7) in physical

activity. Men report higher levels of activity than women (2903 vs. 2532 kcal/week), but the average level corresponds very well with current activity recommendations for weight loss maintenance. However, it should be noted that there is marked variability among NWCR participants; 25% report expending

Physical Activity and Obesity, Second Edition, addresses an array of topics that explore and divulge the links between physical activity (or inactivity) and obesity. Leading scientists from various backgrounds team up to provide an unrivaled resource examining the latest research and developments in the field. Each chapter provides researchers and practitioners with a clear explanation of the concepts, research techniques, and results of studies critical to understanding physical activity and the obesity epidemic.In the 10 years since the first edition of this book was published, the field of physical activity and obesity has mushroomed with new research, sparking the need for not only a new edition but an innovative and refreshing approach to the contents. Editors Bouchard and Katzmarzyk create a go-to resource with 89 succinct, authoritative chapters that may be used independently or as a complete text. Packed with the most up-to-date information linking obesity and physical activity, this comprehensive book delves into areas of uncertainty and controversy instead of avoiding them or skirting the issues; emphasizes, where appropriate, the underlying mechanisms between physical activity and obesity; and points to research areas that need further exploration and attention.The nine parts of the book flow logically and address obesity in all populations, including children and adults of various backgrounds, ethnicities, and social classes. An overview of the methods used in assessing the levels of sedentary behavior and physical activity is given, followed by a global view of the problem of physical inactivity and obesity. Readers will learn about the key determinants of physical activity levels and obesity and the links between a sedentary lifestyle and the risk of obesity. Other topics examined include behavioral and environmental correlates and determinants of obesity, the relationship between low physical activity energy expenditure and obesity risk, clinical implications, and policy and research issues related to physical activity and obesity.Physical Activity and Obesity, Second Edition, helps readers better understand the role of physical activity in the overall energy balance equation. The unique format, expert contributors, and complete references make this resource indispensable for researchers, health and exercise practitioners, and students studying the ever-expanding topic of obesity as it relates to physical activity.

About the Author Claude Bouchard, PhD,is executive director of the PenningtonBiomedicalResearchCenter in Baton Rouge, Louisiana. For more than 40 years he has researched the role of physical activity on physiology, metabolism, and health indicators, taking into account genetic uniqueness. He also has authored or coauthored more than 1,000 scientific publications, and he served as president of the International Society for the Study of Obesity from 2002 to 2006. He also has served as president of the Canadian Society for Applied Physiology and has directed the Physical Activity Sciences Laboratory at Laval University, Quebec City, Canada, for over 20 years. Dr. Bouchard has received numerous awards over the years, including the TOPS award from the North American Association for the Study of Obesity in 1998 and the Albert Creff Award in Nutrition of the National Academy of Medicine of France in 1997. Peter T. Katzmarzyk, PhD,is a professor and the associate executive director for Population Science at the PenningtonBiomedicalResearchCenter in Baton Rouge, Louisiana. He holds the Louisiana Public Facilities Authority endowed chair in nutrition. His main research interest is the epidemiology and public health impact of obesity and physical inactivity, and determining the relationships between physical activity, physical fitness, obesity, and related disorders such as metabolic syndrome, cardiovascular disease, and diabetes. Dr. Katzmarzyk has published his research findings in more than 190 scholarly journals and books, and he regularly participates in the scientific meetings of several national and international organizations. He is currently an editorial board member for the International Journal of Pediatric Obesity, Journal of Physical Activity and Health, and Metabolic Syndrome and Related Disorders.