

## WALKING LIKE A MEANS OF THE LIFESTYLE CHANGES AND AN OBESITY REDUCTION

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Among people who do exercise, walking is the most popular form of physical activity. Walking is a weight-bearing form of aerobic exercise that can be easily integrated into one's daily life and it is frequently recommended as a way to help protect against health problems and low working and leisure capacity. This study summarizes the possibilities of walking as a toll influencing body composition, aerobic fitness and motor performance. Following the intervention program lasting five months with a 1000 kcal energy intensity in the senior women, 1500 kcal in middle-aged men and 2000 kcal for children, composed of at least 85% walking, pointing it significant changes in fitness and body composition parameters. Body mass was significantly reduced by 13.6% of obese children and middle-aged men. On the contrary, senior's women body mass was increased by 3.1%. Fitness that was characterized by peak oxygen uptake was improved from 13% (in senior women and obese children) to 17% (middle age men). Similarly, was significantly altered the engine performance – the maximal speed of walking on the treadmill about 11% in senior women and obese children and about 15% in middle aged men. The percentage of body fat was decreased by 1.6% in senior women and about 16.8% in men of middle age. Together with these variables were significantly improved the predispositions for physical and workload evaluated by ECM/BCM coefficient. The lowest mean chase was found in middle age men (4.8%) and the highest in senior women (10.8%). It may be that walking in the range of 7000 these 10000 steps per day is able to remove the movement in contemporary deficit population, which is due to present lifestyle and may be used in majority population for improvement of health predispositions and for improved state of physical fitness.

## BIOGRAPHY

Václav Bunc is a PhD holder from the Technical University Prague, Professor in the Exercise Physiology on Charles University Prague. His main topics of research involves: evaluation of physical fitness, exercise physiology, obesity reduction, functional and physical testing in laboratory and field, body composition, BIA methods, moving regimes for prevention in cardiac and obese patients. He is the first author to have more than 400 items in scientific journals. He is a member of Czech and International Scientific Societies.

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