

Discussions

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HEALTH SCIENCES AND MEDICINE Question Obesity is termed as excess adipose tissue on an individual's body. Some of the health risks of obesity are;

Individuals with abdominal obesity are likely to suffer from cardiovascular diseases. According to researchers; obesity could also lead to health risk of premature death. Most deaths are usually associated with obesity (Howley, 2007). Increased health risk of heart diseases is also associated with obesity. The risk of cardiac death, heart attacks, high blood pressure and chest pains are usually rampant in individuals who are suffering from obesity.

Obesity could also lead to health risk of type 2 diabetes. Most people who suffer from diabetes are usually obese. Moreover, obesity could also lead to increased health risk of diseases such as cancer, fatty liver diseases, stroke, gall bladder diseases which are caused by disruptions in the system, breathing problems such as asthma. This is because obese persons have respiratory insufficiency. Excess weight gives pressure to the respiratory system and makes breathing more difficult especially when sleeping.

Question 2

Modifications and considerations for testing for persons with diabetes

Diabetic persons need to be tested by a physician in order to check that the level of glucose is controlled through medication before embarking on physical exercises.

Persons with loss of protective sensation in their feet should avoid jogging and walking. Biking and swimming is recommended for such persons.

Diabetic persons should avoid high strenuous activities as this may lead to bleeding in their eyes due to the bursting of blood vessels.

Modification and considerations for testing for persons with obesity

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With over weight individuals, restriction of movements due to excess fat may require some modifications of various exercises. A trainer should ensure that obese persons do not attempt exercises that require a lot of energy because this may leads to severe injuries (Thygerson, 2009).

Question 3

Exercise and fitness professionals should be passionate and committed on helping the obese persons. They should offer personal support and motivation. They should also give advice, coach the individuals whole heartedly when performing the exercises. In addition to this, the professional's role is to mentor the obese people on nutrition and different exercises in order to help in fighting obesity.

References

- Howley, E. T., Franks, B. D., & Howley, E. T. (2007). Fitness professionals handbook. Champaign, IL: Human Kinetics.
- Thygerson, A. L., & Thygerson, S. M. (2009). Fit to be well: Essential concepts. Sudbury, Mass: Jones and Bartlett Publishers.