

# Comparative review of weight loss methods in overweight People

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## Abstract

*Obesity is a serious and very common world health problem. The American Heart Association announced the addition of obesity to its list of major risk factors that people can control to prevent death and disability from coronary heart disease.*

*Over the past decade, the prevalence of obesity has increased at an alarming rate in the United States and in other developed countries around the world. In fact, the World Health Organization has acknowledged that there is a "global epidemic of obesity.*

*This review studied the common methods of weight control and weight loss to give the readers an idea to deal with this important concept scientifically. In this direction, diet, medication and exercise methods investigated and we concluded that a combination method comprising all method works efficiently.*

**Keywords:** *Obesity, Weight loss, Diet, Medication, Exercise and EMS*

## Introduction

Fatness is one of the most important problem that people faces in their life in the new era. The high statistic of 27 percent and 40 percent fatness among men and women respectively in Iran, around one billion overweight people and around 300 million fat people in the world is good reminder of this fact.

## Obesity

Obesity is a serious and very common health problem. The American Heart Association announced the addition of obesity to its list of major risk factors that people can control to prevent death and disability from coronary heart disease (1).

Over the past decade, the prevalence of obesity has increased at an alarming rate in the United States and in other developed countries around the world. In fact, the World Health Organization has acknowledged that there is a "global epidemic of obesity." It was recently reported that from 1991 to 1998 the prevalence of obesity

increased by 49% among US adults age 20 or older (2).The prevalence of obesity increased by 70% among 18- to 29-year-old adults, and 80% among Hispanics. The reasons for this dramatic increase reflect a complex interaction of societal, behavioural , cultural, physiologic, and genetic factors.

It is well known that an active lifestyle is important for both health and weight maintenance. Lee et al (3) have recently reported that unfit, lean men have a higher risk of all-cause and cardiovascular disease mortality than men who are fit and obese. They conclude that being fit may reduce the dangers of obesity. Although exercise is widely regarded as a key component in obesity treatment, few overweight individuals seem able to adhere to exercise programs long term. In response, efforts have focused on developing new approaches to physical activity that may appeal to sedentary, overweight persons. For instance, research has shown that accumulating multiple, short bouts of vigorous exercise enhances both exercise adherence and

weight loss (4). Moreover, accumulating moderate-intensity activity throughout the day may offer health and weight benefits comparable to that of a traditional exercise program (7).

The most influential reasons behind fatness, ignoring the obesity are inappropriate diet culture, laziness and fast food orientation. This phenomenon has several negative consequences such as blood pressure (hypertension), arthrocondrosis, arthrosclerosis, and coronary heart disease and most importantly body deformity that so many people suffer from it which has itself physiological consequences as well. For this reason, almost all fat people seek for way that can help them overcome this problem efficiently.

### **Methods of losing weight:**

#### **Diet**

One way to decrease weight is using diet. Research has shown that diet has several negative outcomes such as decrease the rate of metabolism and set point, psychological effect. Further, in the case of stopping the diet the possibility of returning to the past condition is high. off course its better to stop consuming fatty foods and try to decrease the capacity of stomach .

#### **Medication**

Second way to dealing with fatness, is using medication including acupuncture, in this way people trying to lose weight using chemical drugs like fat burner or Lipotropic such as Chromium ‘Carnitine, Hca.Hermogenic .

Stimulants such as Pedra ‘Caffein ‘Salicin Gaurana ‘Kola NUT ‘Synedrin ‘Yerba Mate ‘Leptoprin. (Ephedrine ).

Appetite Suppressants such as Chromium Picolinate ‘ Pyruvic, Sibutramine ‘Diethylpropion Phentermine.

Fat Blockers such as Meridia Xenical .this way also has their own side effects, such as liver disorder and related problems. but if physician prescribe some of them may useful.

#### **Exercise**

Third way to decrease weight is doing exercise . this methods although is useful in decreasing weight but has several consequences such as time consuming, cost consuming and has related injuries in the case of inappropriate exercise .in addition, anaerobic exercise built power and muscle mass but its fat burning is not satisfactory. RESISTANCE EXERCISE (RE) is recommended by both the American College of Sports Medicine and the American Heart Association as an integral part of an exercise program (7, 8).There is substantial evidence showing that aerobic exercise and RE can improve body composition by increasing lean body mass and/or decreasing fat mass (5).

Similarly, de Glisezinski et al. (5) demonstrated that 60 min into endurance exercise, the highest rate of lipolysis matched a significant increase in fat oxidation. Thus availability and rate of fatty acid delivery may partially mediate whole body fat oxidation (6). In the aerobic type of exercise one should exercise continuously activities that rhythmic in nature 3 to 5 times a week for at least 30 to 60 minutes such as running, jogging and bicycling and related aerobic exercises. This method is so effective for weight loss and increase metabolism. For fat people this method is difficult and harmful because it affects on their knee joint also in the case of aged people it can affect their heart bit and as a result increases the chance of heart attack. public health recommendations now include the option of accumulating 30 minutes of moderate-intensity physical activity a day for health and well-being. These new options may offer a viable alternative to those who dislike or cannot sustain continuous

vigorous exercise programs and may provide a realistic starting point for obese patients. Patients who have been sedentary can begin slowly. For example, patients can take the stairs at work rather than using the elevator, or park their cars a bit farther away to begin walking more. As patients become more exercise tolerant, they can engage in longer sessions and higher-intensity activities. Thus it's better to use another safe method such **EMS** (9).

Electro Muscle Stimulation is a process where electronic pulses are sent to a designated area of the body to cause involuntary muscle contractions. Laughman, R (1983) found that the use of the EMS belt significantly increased abdominal strength and endurance, decreased waist girth, and improved self-perceived abdominal firmness and tone. The results probably can be attributed to the strength of the electrically induced muscle contractions made possible by the quality of the electrodes utilized in the belt system, as well as the stimulator itself. Electric muscle stimulators will not cause you to lose weight. The US Federal Trade Commission ordered the makers of belts that send an electrical impulse into the belly muscles must stop advertising that the devices build muscle and get rid of fat.

### **Combination**

The fourth and most popular way to decrease overweight is mixed method. In this method people use the combination diet, medication and exercise but this method also has the problem of all method as well. The importance and problem associated with fatness requires choosing an appropriate way that simultaneously overcome the above mentioned problems and help people in decrease overweight in an efficient way. In this direction, prescribe a useful workout, good diet, and safe medication together is the best way to control and losing weight in obesity peoples. Also producing technological devices like Electro Muscle

Stimulation appears as producer claims can help people to reach this goal efficiently.

### **Conclusion**

The aim of this paper was review of different methods of losing weight in obesity peoples and recommended use of combined methods of diet, exercise and medications. We also suggest that obesity peoples use safe methods of exercise such as advanced tools to decrease joint and heart disease.

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