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M.V. Poliakova, scientist researcher,
PhD in biology sciences
(Skolkovo institute of science
and technology, Moscow, Russia)

APPROACHES TO PREVENTION OF OBESITY THROUGH PHYSICAL ACTIVITY – A WAY TO IMPROVE MALE REPRODUCTIVE HEALTH

One of the most important indicators of the people health status of any age is physical development. Lifestyle of modern man, the features of its environment, effects of toxic factors lead to the development of chronic non-specific toxicity, has a negative impact on all functions of the body. Deviations in physical development are often are evidence of irrational food, which negatively affects the health and development of the body [1-3]. Obesity is one of the reasons for the occurrence of various diseases and reduced reproductive potential. Currently, a significant proportion of youth adult are overweight. In the world there has been a significant increase in the prevalence of excess body weight and obesity in childhood, which leads to increase in the prevalence of hypertension, lipid disorders and diabetes type II among children, teenagers and later, adults. Also known that the most common causes of man's infertility are overweight and obesity [4]. The key to improving of health is promoting to healthcare behaviors and active lifestyles.

In connection with the above the purpose of this study was to investigate the prevalence of overweight and to assess the level of physical activity among young mans.

Materials and methods. The major research methods were a survey and anthropometric measurements. In this study were involved 38 students-mans of "Moscow regional medical college № 2".

Results. Among students not involved in sports, identified the excess body mass to 15 % above normal, and was observed in 20 % of students; four students have obesity of 1 degree (excess weight by 15-30 %); 1 student has obesity of 2 degrees (excess weight by 30-40 %). It was found that among sportsman 88 % have perfect body weight without any abnormalities and 12% students have body mass which exceeds the norm that is associated with large muscle mass. Along with that regularly engaged to physical culture and sport only 37% of students, as shown in the diagram.

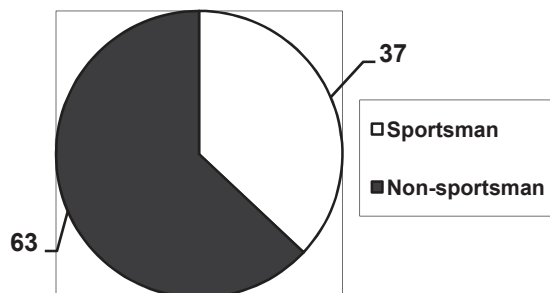


Figure. The amount of students-sportsman and non-sportsman.

Conclusions. Thus, the modern living conditions have a huge impact on the physical activity of young mans, reflected in the decline in their physical development. It is obvious that significant the increasing prevalence of obesity, considered as pathology to occur in a significant number of young mans. Therefore, increasing levels of health and physical development must be found on forming a strong motivation and interest in physical exercises, based on health, body addition and physical performance.

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