

# **Ejercicio físico y Obesidad**

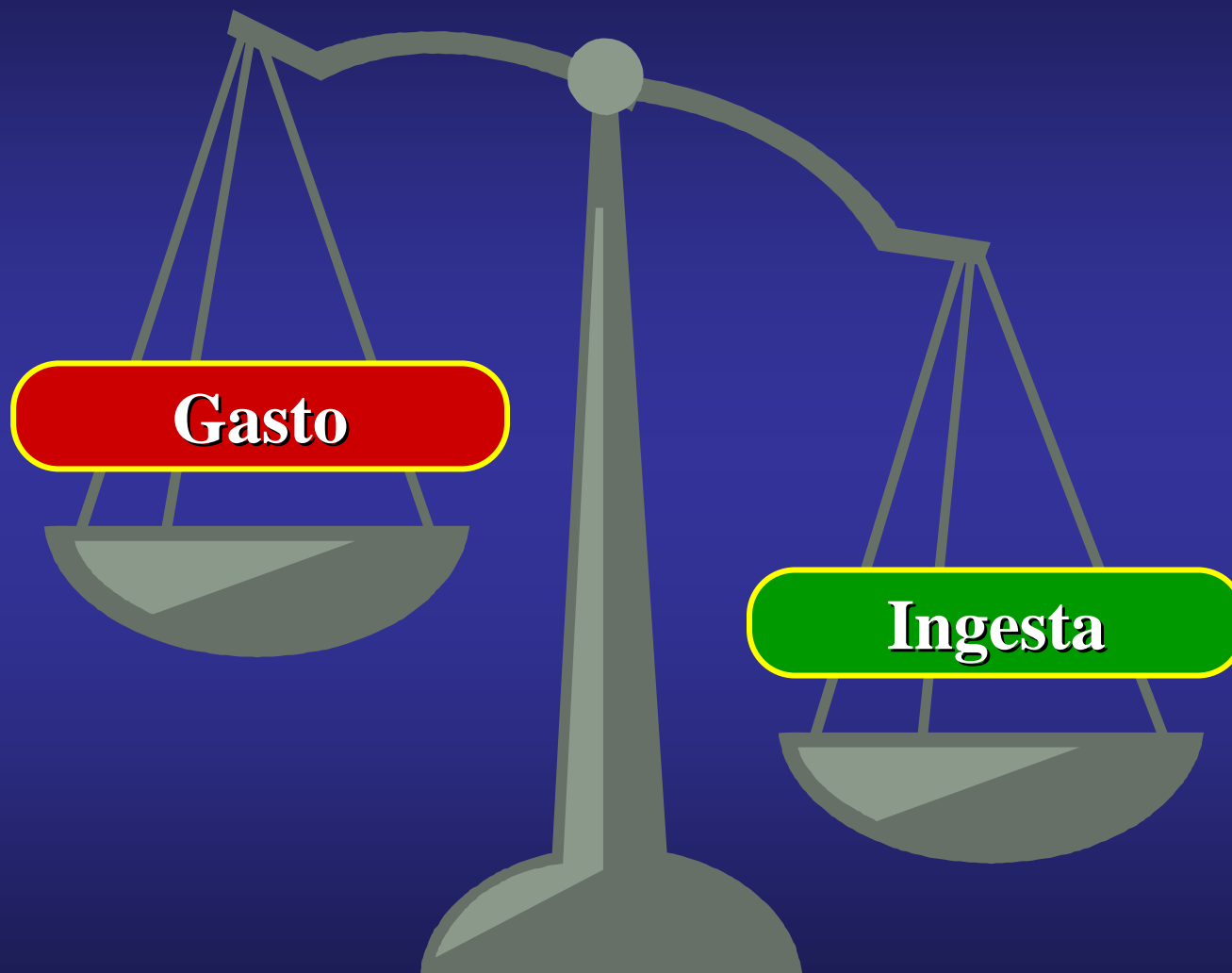
**Carlos de Teresa Galván**

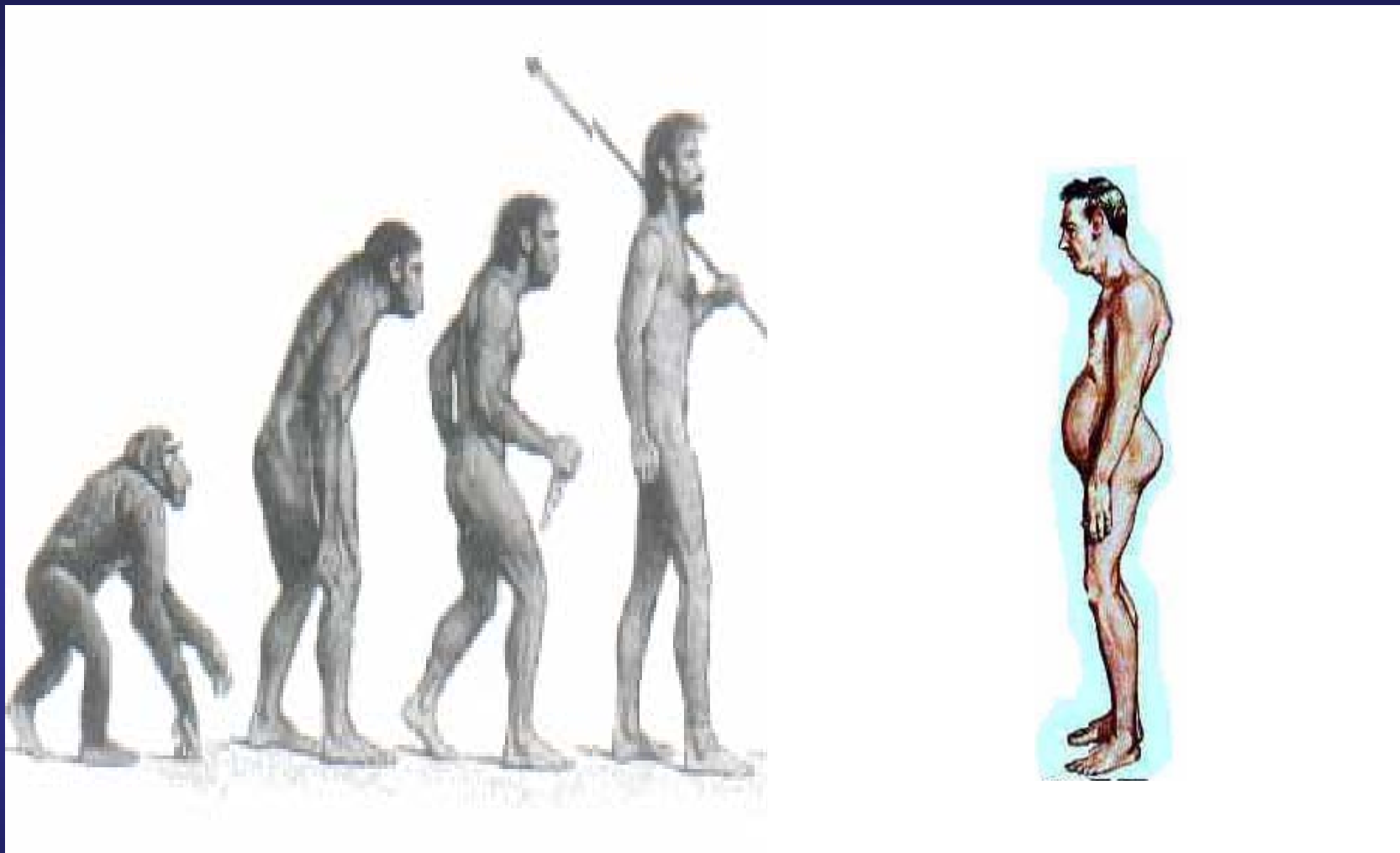
**Unidad Mixta de Investigación en Biomedicina y Ejercicio**

**CAMD. Hospital Universitario San Juan de Dios.**

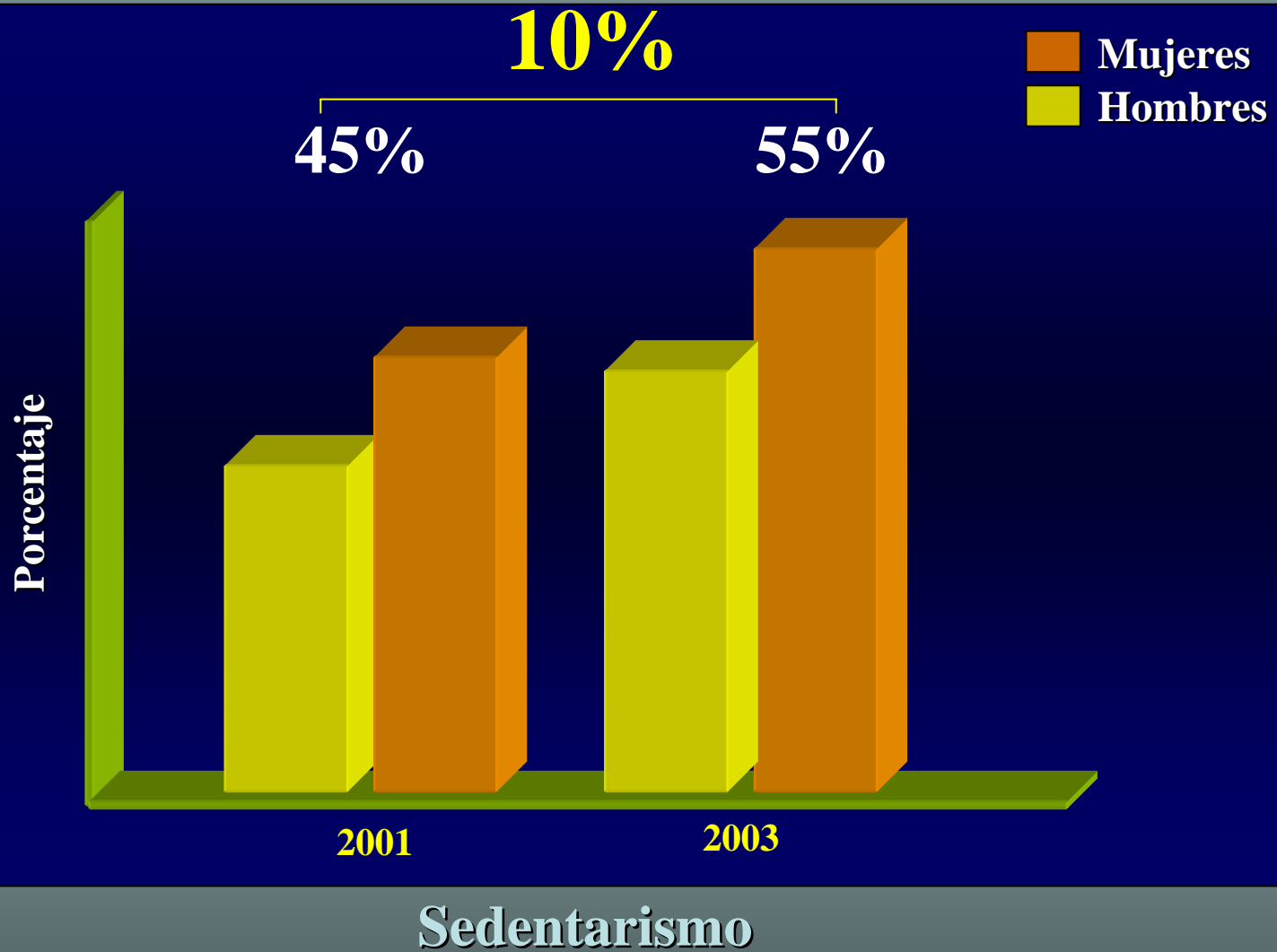
**Granada**

# Obesidad



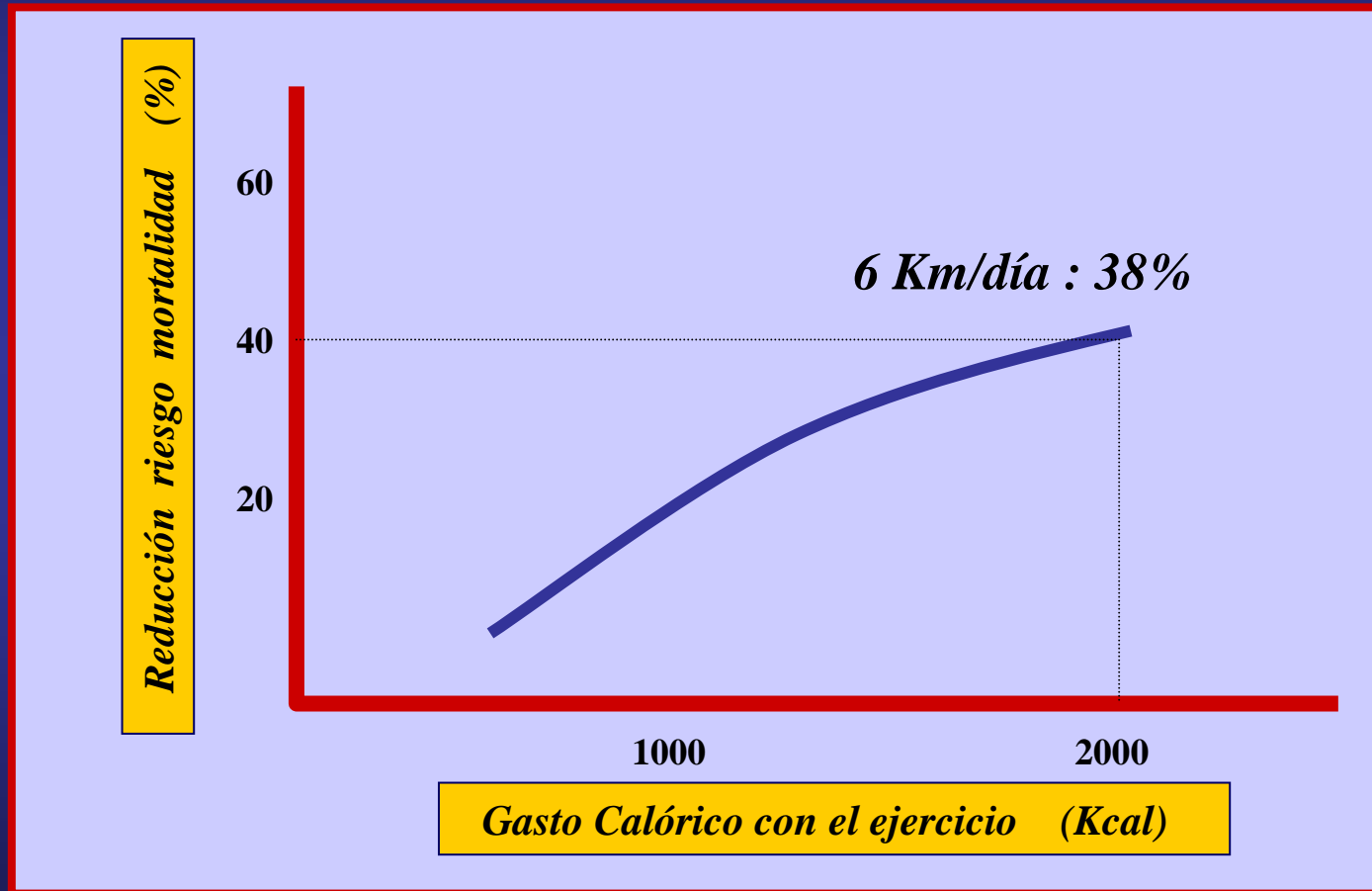


## Encuesta Nacional de Salud 2003

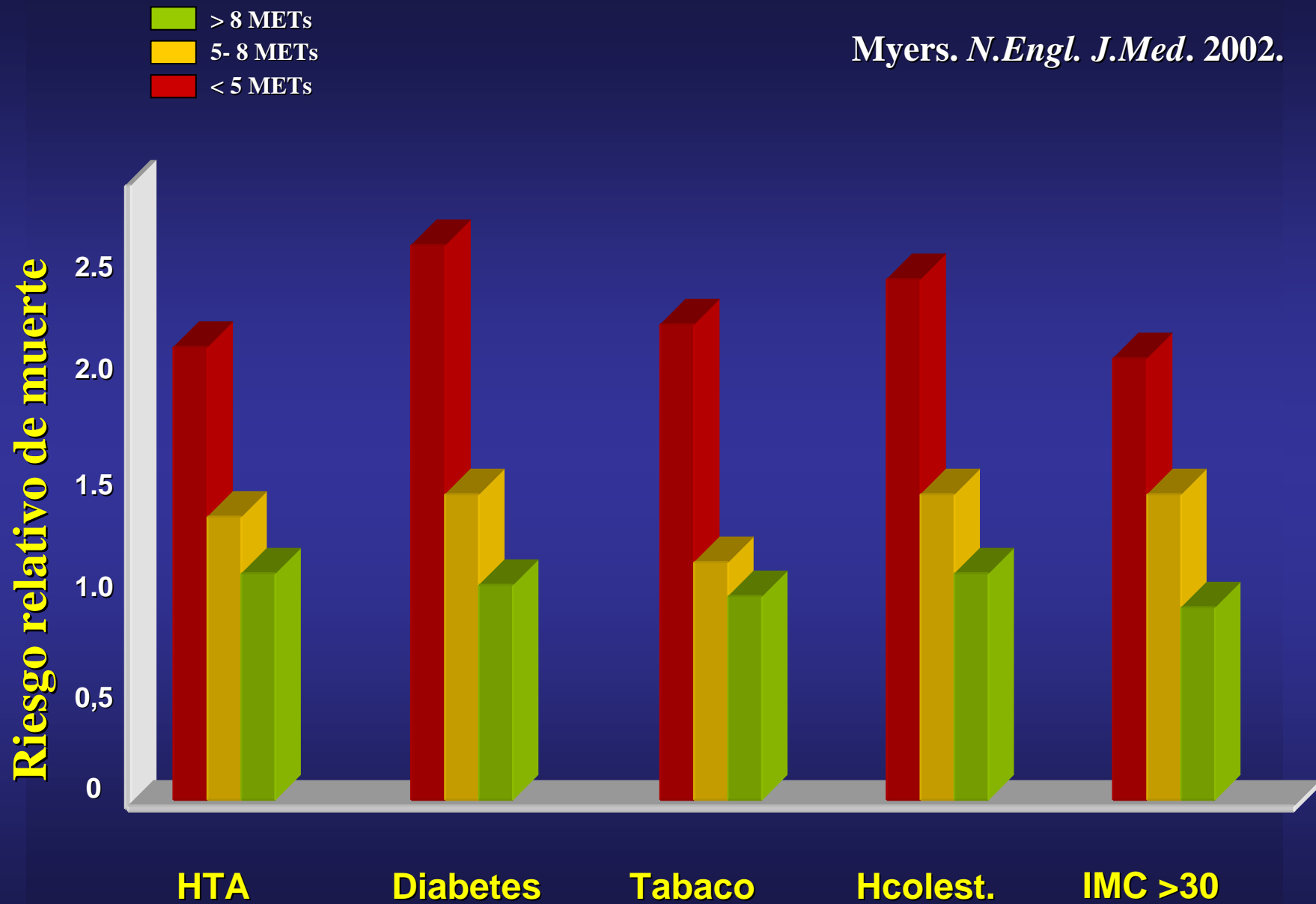


*Paffenbarger y cols. N.Eng.J.Med. 1986 .*

*“ Physical activity and mortality risk in college alumni”*



Myers. *N.Engl. J.Med.* 2002.





Invertir la tendencia de la obesidad





Invertir la tendencia de la obesidad







Invertir la tendencia de la obesidad





*“Personal Exercise Habits and Counseling Practices of Primary Care Physicians:  
A National Survey.”*

Abramson, S. Y cols. (2000). Can. J. Sport Med.

“Conclusion: Physicians who exercise are more likely to counsel their patients to exercise. Inadequate time and knowledge/experience regarding exercise are the most common barriers to counseling identified. These findings suggest strategies that might increase physicians exercise counseling behavior.”