

OBEZİTE VE FİZİKSEL AKTİVİTE

21. BÖLÜM

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Dünya nüfusunun genelinde, özellikle gelişmiş ve gelişmekte olan ülkelerde obezite büyük bir “halk sağlığı” problemi olarak tanımlanmaktadır. Özellikle çocuklar ve genç nüfusun yoğun olduğu bölgelerde bu durum “sağlık krizi” olarak nitelendirilmektedir (1,2). Gerçekten de özellikle 21. yüzyılın başından itibaren özellikle genç nüfusta obezite problemi yeni yüzyılın en büyük sağlık sorunlarından biri olarak karşımıza çıkmaktadır (3). Günümüzün önemli sağlık problemlerinden biri olarak karşımıza çıkan obezite, özellikle tıp ve sağlık bilimleri olmak üzere bir çok bilim dalında detaylı olarak incelenmekte, ancak Fox ve Hillsdon (2006)’un yaptıkları derleme araştırmasında da belirttikleri gibi özellikle fiziksel aktivite, egzersiz ve sporun obezite ile ilişkilerinin incelendiği araştırmalar 2000’li yılların başlarından günümüze kadar hala kısıtlı sayıda olduğunu, yeterli kaynak olmadığını ve ortaya çıkan kanıtlarında kalite ve kanıtları bakımından yetersiz olduğunu iddia etmektedir (4). Araştırmacılar obezite ve fiziksel aktivite arasındaki ilişkinin net olarak kanıtlanamamasını obez bireylerde fiziksel aktivitenin ortaya çıkardığı çok yönlü zorluklara ve yapılan testlerin verimli geçememesine, ayrıca fiziksel aktivite ve sağlık alanında çalışan araştırmacıların obezite ve egzersizi temel bir araştırma konusu olarak ele almamalarına bağlamışlardır. Bu doğrultuda da fiziksel aktivite, egzersiz ve sporun obez bireylere nasıl uygulanacağı konusunda net bir kalıp ya da belirli bir prosedürün olmadığı olgusu ortaya çıkmıştır. Kitabımızın bu bölümünde yerli ve yabancı bilimsel literatürden destek alarak obezite sorunu olan bireylerin fiziksel aktivite, egzersiz ve spor alışkanlıklarının ve bu alışkanlıklara bağlı olarak ortaya çıkabilecek olumlu ve olumsuz etkileri ortaya

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