

SANOGENIC LIFE STYLE PROGRAM FOR OVERWEIGHT STUDENTS RESTRICTED IN THE WEIGHT PROGRAM

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Abstract: *Obesity is a global health problem with enormous economic impact. People who are overweight should strive to lose weight, because if obesity is out of control much higher risk exposure to a range of diseases hypertension, type 2 diabetes, coronary heart disease, stroke. Obesity is associated with reduced quality of life and life expectancy. In establishing the program to students living sanogenic overweight in the weight reduction program should be started from the morpho-functional peculiarities of women's body during the age of 18-20 and effort's capacity. Sanogenic Life Program promotes categories of overweight students once learned exercises that will help them in their daily activities by providing knowledge and skills that once learned can be applied in everyday life: how to maintain optimal weight and be in good physical shape, how to draw up a daily schedule to ensure their physical and mental recovery more efficient.*

Keywords: *sanogenetic program, overweight students.*

Prevalence is over 20% among adults in the West and over 30% in U.S. It recorded a real epidemic in developed countries. In Europe, the prevalence is 10-20% to 20% men and 15 women. Weight gain is progressive, while the energy balance is unbalanced (they eat more calories than it consumes) and those who have genetic composition. It also takes place in subjects who made sport of performance then they stopped abruptly. It should be noted that some people metabolize food differently from others, no reason entirely clear for researchers.

Following a study concluded that fat people actually burn calories faster than

the weak, because their metabolism speeds up as they gain weight and slow down when trying to lose weight. These people have more fat cells that send stimuli for food, but at the same time, their metabolism burn more calories. The approached issues: in Europe 7.7% of deaths are attributed to excess weight and associated diseases. If the body tends to accumulate fat around the waist, abdominal deposits released fatty acids directly into the bloodstream for immediate removal of energy for short-term activities (doctors can not yet explain why this turns out to be so harmful to health. The first step is to determine

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normal weight body mass index BMI assessment. A hint from 19 to 24 indicates optimal weight (normaponderal). If the BMI is between 25 to 29 - overweight and over 30 = obese. Waist circumference is the second most important after the BMI scale. It indicates where is located most body fat. People who carry most of their weight around the waist are similar forms of "apple." Those who bear the most weight around their hips and thighs, are similar forms of "pear". If waist circumference has values of over 102 cm and 88 cm, men and women have an increased risk of health significance, especially when I IMS is over 25. Overweight people need to realize that throughout life has a disorder that requires not only a special diet and exercise, but specialist advice and possibly medication unite to take control. While most cases are related, sedentary lifestyle, environment, family history, diet and other lifestyle habits, there are rare cases where the cause is a thyroid condition. And certain drugs, especially estrogen, progesterone, insulin and steroids can cause weight gain. In addition to these factors, a recent study showed that muscle, as the body's fat cells increase in size and weight when we are fattening. Muscles become more efficient and burn fewer calories when trying to lose weight, which contributes to slowing metabolism. At present most therapies focusing on diet, exercise and psychological complications are possible.

Youth is the period between adolescence and adulthood. The teen ager, perfects his intellectual development and complete his training. Young body is characterized by morphological and physiological stability. Adapts to exercise great functions, answering all the needs of the body, uterus and ovaries have reached full development, reproductive function is able to perform its biological and social role: motherhood.

Young women must be prepared that they can meet the demands of intellectual work on the one hand, and secondly to fulfill the important role of women in society, that of mother to give birth and raise a new generation, along with professional obligations . Particular attention to female students in terms of leisure exercise by practicing independently, by awareness and intellectualization act motive power for self-regulation of behavior, not only in lessons, but beyond it, in life, in order to maintain health and ensure work capacity. Researchers have found negative trends driving the development of the young body, poor diet and inactivity caused by exaggeration. To ensure optimum development of the organism is necessary first lesson's efficiency and the formation of widespread habit of exercise, given that students spend long hours at the table studying (high work rate and volume). Work regime of intellectual activity characterized by female students require a good blood supply to the brain. Sitting position is related to a prolonged tightening of many muscle groups. Exercise is very necessary to remove blood stasis phenomena in the region of the pelvis and abdomen, the muscle torso, upper and lower limbs, the chest expansion. Extension study shows that sitting position leads to poor ventilation of the lungs, followed by insufficient oxygenation, poor circulation to the abdominal and pelvic organs. The most important thing however is the conscious participation of the subject, will and perseverance. Physical activity vary with overweight students was conducted in three stages through special exercises.

In Phase I, the melting of excess fat were used strenuous exercise of short duration, controlled breathing conditions associated with a reduced calorie diet.

Phase II builds muscle exercises becoming more intense and longer lasting ensuring the gradual consumption of fat reserves.

Stage III, when the low fat and hypertrophied muscles is recommended to continue the practice of physical exercises to maintain results and prevent relapse.

In the classroom exercises and high intensity synthetic abdomen will account for at least 50% of the program. They will be accompanied by many jumping and running, which exercises overall performance lead to a loss of energy as possible. The number of repetitions will be high and the pace quickly. Do not neglect your breath. Spending energy reserves will be made on account of subcutaneous, food intake was minimal by restrictive diet. Movement in any form has dual role: toning abdominal muscles and activating the caloric expenditure. Along with exercise, massage is a valuable adjunct. It will include all the maneuvers known and in particular "kneading". This maneuver is designed to strongly enforced break down fat cells and to "throw" in circulation.

Ways to eat less and exercise more intense aerobic exercise, which requires more than heart, lungs and muscle cells for 20-40 minutes, results in a good general condition, attenuates stress and improves concentration.

I said, creates a restricted diet as mental stress, a condition associated with gaininig faith and forces them to attend the program. Students need to understand the health benefits program, improve self-image self-consciousness. Watching this program sanogenic they are an investment in themselves, could overcome their physical and mental limits. It also represents a test of commitment, of inner strength and character. The success of this program will help them succeed in other projects knowing that they posses the qualities of a winner. Hence, constant striving for themself.

The most important thing for exercise in the program to bring the desired results is not to stop their systematic practice. Experience has shown me that over 30% of those who begin a structured exercise program gives up in the first few weeks, so it is good to find appropriate means to continue the program.

So I approached a strategy to determine the maintenance program.

Thus, we used the "Contract for Health", which requires mediators to a certain behavior. The main idea of this "contract" is to establish pre-conditions required. Once concluded such an agreement will be difficult to abolish it. The public engagement in the presence of a witness (who will sign with the student) is a firm statement on the seriousness of the undertaking. Another key point in maintaining the program is reamembering the exercises. It involves making daily exercises. This will help in setting personal record. You can also note other details such as physical and mental condition before and after exercise any other information deemed important. It is mandatory to monitor heart rate three times of deployment training.

Sanogenic program, suggestively titled "Program for health and keep fit" runs for 12 weeks and includes two lessons per week in physical education course, plus an independent physical activity three times a week, between 20 - 30min, which is perfectly feasible in the long term this could become a new way of being. This method stimulates the body's various functions and activates all muscles regularly.

Conclusions

Educating a motivation for the systematic practice continues throughout the entire life of the exercise should be the primary objective of physical education course in the university environment.

Program "Health and pursued keeping in shape:

- Melt fat fast rule;
- Toning muscles of the body segments;
- Improving the physical condition;
- Biopsihomotric potential and limitations of body self-awareness;
- Strengthening the knowledge and health;
- Maintain results and prevent relapse;
- Pleasure of movement;
- Establishment of "targets" realistic;
- Determining progress through the morpho-functional testing.

In physical education classes were differentiated using teaching technologies:

- Functional exercises;
- Exercise of force;
- Aerobic exercises.

Emphasis on enforcement exercises fell abdomen, buttocks, thighs, exercises crawl, jump, cardio, step-aerobics, weights and medicine ball exercises, breathing exercises.

For self-employment have made individual models (number of sets or repetitions) performed three times a week. The "health and keep fit" also included: dancing, swimming, jumping rope, walking faster pace in at least 30 minutes biking, jogging, climbing stairs (instead of the elevator). On weekends it is recommended walking tours in the mountains or longer. Exercise is an important part of any weight loss plan: taken regularly it reduces the risk of heart disease by almost 70%. You can also achieve a good physical condition (eg to climb 4 floors without wheeze or feel the weight or tired feet). Exercising regularly attenuates stress (especially during the session) resulted in a good general condition.

Checking the progress achieved by the proposed program is based on morpho-functional tests applied at the beginning and end of the program (results are then statistically analyzed: body mass index (BMI), adiposity index based on height and hip perimeter, body harmony index (I. Erisman), based on assessment of intra abdominal circumference ratio in iliac abdominal perimeter. To assess exercise capacity test can be used Ruffier.

In establishing this technology was also considered that teaching in higher education is the last step of the process directed by motor activity. Physical and motoric accumulated baggage is a real tool of permanent self-education.

Education for self improvement completes the profile of the modern intellectual woman.

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