

Activité physique et obésité : comment optimiser les conditions d'activité physique afin de favoriser l'oxydation des lipides chez l'obèse

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Physical activity constitutes an integral part of obesity management in addition to nutritional counseling, psychological care, behavioral modifications and drugs.

In morbidly obese patients suffering from health complications (such as cardiovascular and orthopedic diseases), the variety of physical activity appears to be rather limited and the intensity of activity should remain low.

Walking activities, even at a slow pace, remain the most useful exercise in daily life. From a fat balance point of view, it is interesting to point out that, when expressed per kilometer distance walked, our study has shown that net fat utilization (oxidation) turned out to be higher at low velocity than at high velocities in obese and nonobese subjects! This is fortunate since, due to the limited functional cardio-respiratory reserve of many obese individuals, walking slowly is also more favorable.