비만의 운동요법

Exercise Therapy of Obesity

7† / 27† 84	20	01	
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Abstract

alized since they are not accustomed to exercise. When we prescribe exercise for obese patients, low impact exercises such as walking, cycling, swimming are recommended. We should pay special attention to obese patients with comorbidities such as hypertension, diabetes, ischemic heart disease or osteoarthritis when we prescribe exercise. For effective weight loss, it is necessary to improve exercise compliance and increase physical activity level.

Keywords : Exercise prescription; Obesity;
Compliance; Physical activity

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		ŀ	250 kcal 25~30		75 kg
1.			3.		
(low impact)	· , , ,	,	2	1 5 가	3 . 3 가 가
,	가 .	•		·	
			4.		2
	가			(220 -) 5	50%
			8		75%
	. 가 가			가 가 .	가
2.					
, 10	20 1 500 kcal	2	·		
	1 3,500 kcal가 1 0.5 kg 250 kcal		5.	1	

4.18	230	270	310	360	400	440
4.80	260	310	360	410	460	500
4.84	270	310	360	410	460	510
5.06	280	330	380	430	480	530
5.28	290	340	400	450	500	550
5.72	320	370	430	490	540	600
5.72	320	370	430	490	540	600
5.72	320	370	430	490	540	600
5.94	330	390	445	500	560	620

65kg

75kg

가

1.

55kg

(/kg)

6.38

7.26

7.70

8.14

8.28

9.24

12.72

()

: kcal/hour)

105kg

1,340

95kg

1,210

85kg

1,080

2.

	kcal/hour/kg	55kg (kcal/hour)	65kg (kcal/hour)	75kg (kcal/hour)	85kg (kcal/hour)	95kg (kcal/hour)	105kç (kcal/hour
	0.84	46	55	63	71	80	88
	1.26	69	81.9	94.5	107.1	119.7	132.3
	1.38	76	90	103.5	117.3	131.1	144.9
	1.74	96	113.1	130.5	147.9	165.3	182.7
	2.70	149	175.5	202.5	229.5	256.5	283.5
	3.06	168	198.9	229.5	260.1	290.7	321.3
	3.30	182	214.5	247.5	280.5	313.5	346.5
	3.30	182	214.5	247.5	280.5	313.5	346.5
	3.52	194	228.8	264	299.2	334.4	369.6
	3.52	194	228.8	264	299.2	334.4	369.6
	3.52	194	228.8	264	299.2	334.4	369.6
	3.72	205	242	279	316	353	391
	3.72	205	242	279	316	353	391
	4.18	230	272	314	355	397	439
	7.04	387	458	528	598	669	739
가	7.04	387	458	528	598	669	739

, , , , , , 가 가 .

.

(Physical Activity Level, PAL)

, パ . 1.

1.75 . 가 가 . 1.55~1.60

, , , , 1.4 ,

3. 가 (: 가) 가 가 가 가 가 2. (positive feedback) 가 가 가 가 가 3) 2~3 2 4) 3. 가 가 가 1) 가 5) 가 2) 가 6)

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