

비만의 운동요법

Exercise Therapy of Obesity

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2가 84	
Jae Heon Kang, M.D.	
Department of Family Medicine	
Inje University College of Medicine, Seoul Paik Hospital	
E - mail : fmleader@nuri.net	

20⁰¹ 25

30%가

20

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Abstract

Exercise prescription for obese patients should be individualized 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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- 가 250 kcal 75 kg
25~30
1. 3.
1 3
(low impact) 2 5 3
가 가
가 가
가
4. 2
가 (220 -) 50%
8 75%
가 가
가 가
2. 가
20 2
10 1
500 kcal
1 3,500 kcal가 5.
1 0.5 kg
250 kcal 1

1.		(: kcal/hour)					
	(/kg)	55kg	65kg	75kg	85kg	95kg	105kg
()	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
	6.38	350	410	480	540	610	670
	7.26	400	470	550	620	690	760
	7.70	420	500	580	650	730	810
	8.14	450	530	610	690	770	850
	8.28	460	540	620	700	790	870
	9.24	510	600	690	790	880	970
	12.72	700	830	950	1,080	1,210	1,340

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