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Sports Medicine 2016 Comparative Study of Exercise prevention of health risks: Lessons from the sport science field and potential applications in Qatar

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ABSTRACT:

Rising obesity levels and physical inactivity are major concerns in the 21st century due to their association with several health risks including diabetes, cardiovascular disease and cancer. Engaging sedentary and obese population in a variety of exercise and physical activity patterns is a well-established approach, but it is often hindered by poor long-term compliance. Perhaps the workplace serves as an ideal location for delivering effective health screening physical activity and exercise intervention strategies, which helps to encourage healthy behaviors. In spite of major cultural and environmental differences, Qatar and the UK seem to share a global concern about the prevalence in sedentary risk factors in the workplace, and university campus workplaces being an ideal example. In a typical UK campus, several cardiovascular risk factors have been identified in both academic and administrators, including increased risk of hypertension and obesity, especially amongst academics. Similar prevalence of those risks have been reported in Qatari university students, a trend that may be similar for university employees in Qatar. Lifestyle interventions in sedentary and high-risk populations, which are based on carefully applied exercise training, and healthy diets within the workplace have proved effective and may provide long terms cardioprotective benefits. For example, addressing the specific adherence barriers, preventing exercise related injuries by applying the basic gait analysis to select the preferred motor behavior for injury predictors and plantar loading patterns and self-selected walking and running speeds among overweight and obese population. Applying biomechanical, physiological, nutritional, and psychological strategies jointly can ensure long-term compliance in obese and high-risk populations. Qatar being the wealthiest nation in the world has unfortunately one of the highest rates of obesity, type-II diabetes and cardiovascular disease, and future multifaceted research approaches are needed in Qatari populations.

Notes: Exercise anticipation of wellbeing dangers: Lessons from the game science field and expected applications in Qatar R ising corpulence levels and physical latency are significant worries in the 21st century because of their relationship with a few wellbeing dangers including diabetes, cardiovascular infection and malignant growth. Connecting with inactive and hefty populace in an assortment of activity and physical action designs is a settled methodology, however it is regularly obstructed by poor long haul consistence. Maybe the working environment fills in as a perfect area for conveying powerful wellbeing screening physical movement and exercise intercession methodologies, which assists with empowering sound

practices. Regardless of major social and natural contrasts, Qatar and the UK appear to share a worldwide worry about the predominance in inactive hazard factors in the working environment, and college grounds work environments being a perfect model. In a regular UK grounds, a few cardiovascular hazard factors have been distinguished in both scholarly and directors, including expanded danger of hypertension and corpulence, particularly among scholastics. Comparable pervasiveness of those dangers have been accounted for in Qatari college under-studies, a pattern that might be comparable for college representatives in Qatar. Way of life intercessions in inactive and high-hazard populaces, which depend on painstakingly applied exercise preparing, and solid weight control plans inside the work environment have demonstrated compelling and may give long terms cardio-defensive advantages. For instance, tending to the particular adherence boundaries, forestalling exercise related wounds by applying the essential step examination to choose the favored engine conduct for injury indicators and plantar stacking examples and self-chose strolling and running velocities among overweight and stout populace. Applying biomechanical, physiological, nourishing, and mental techniques mutually can guarantee long haul consistence in hefty and high-chance populaces. Qatar being the wealthiest country on the planet has sadly perhaps the most elevated pace of weight, type-II diabetes and cardiovascular malady, and future multifaceted examination approaches are required in Qatari populaces.

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