

総説

健康のための体重減量と運動そして減食

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1991-08-23 00:00:00+09受理

Reduction of Weight, Exercise and Diet for Health

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(Accepted 1991-08-23 00:00:00+09)

Key words: free fatty acids, enzyme activity, optimum body weight

Abstract

In the case of taking exercise in a hungry state for the purpose of reducing weight, the density of blood of metabolite from body fat and free fatty acids becomes generally remarkable. In the case of the degree of increase being remarkable, the myocardium of the physiological state induces ventricular fibrillation from arrhythmia and stands still. In the state of a lack of the oxygen of myocardium, some increase of the density of blood also become dangerous. The influence of diet is thought through the relationship between the kinds of fatty acids and the conditions caused by arrhythmia, but the use and fall of isoenzyme from the myocardium is also related with the nutritive state. Therefore we must watch in change for a few days after taking exercise. Even in the case of diabetes said to make obesity worse, there is each personal best weight separated from statistical research, but the personal best weight for ordinary people's health differs greatly among individuals. Fall of isoenzyme from the myocardium is also related with the nutritive state. Therefore we must watch in change for a few days after taking exercise. Even in the case of diabetes said to make obesity worse, there is each personal best weight separated from statistical research, but the personal best weight for ordinary people's health differs greatly among individuals.

要約

体重減量を目的として空腹状態で運動をする場合、体脂肪の分解産物と遊離脂肪酸の血液中濃度が特に顕著になるのが一般的である。その増加度が顕著である場合は生理的状态の心筋でも不整脈から心室細動を誘発して心停止となるが、心筋の酸素不足状態では若干の濃度増大も危

陰となる。脂肪酸の種類と不整脈発生状況との関係から食生活の影響が考えられるが、心筋からの逸脱酵素の消長にも栄養状態が関与しており、運動後数日間の動きにも注目しなければならない。肥満が症状を悪化させると言われる糖尿病の場合でも統計的研究から離れた個人別の至適体重があるが、一般人の健康のための至適体重には大きな個人差が存在する。
