

Health promotion and prevention weight loss program in a thalassotherapy center

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Introduction. Overweight and obesity are defined as an abnormal or excessive accumulation of fat that can be harmful to health. The root cause of overweight and obesity is an energy imbalance between consumed and spent calories. Body mass index (BMI) is a simple indicator of the relationship between weight and height that is frequently used to identify overweight and obesity in adults. It is calculated by dividing the weight of a person in kilos by the square of his size in meters (kg / m²). High BMI is an important risk factor for noncommunicable diseases, such as: Cardiovascular diseases (heart disease and stroke); Diabetes; Disorders of the locomotor system (especially osteoarthritis), and some cancers (endometrium, breast, ovaries, prostate, liver, gallbladder, kidneys and colon). The risk of contracting these noncommunicable diseases increases with increasing BMI.

Material and Methods. Loss weight program in the thalassotherapy center “Termas Marinas El Palasiet”. SuiteBiologica® 8.0 software has been created for Professional Users related to Weight Control who work with Body Composition Analyzers and who wish to carry out a thorough control of the changes obtained in their patients while offering personalized graphical reports of those changes and are located mainly in Spain and Latin America.

Results. The Weight loss program supervised for the specialised staff (doctors, physiotherapists, dietetician, coach, estheticians, cook’s chef...) has a very good results (decrease BMI) during the week of stay in the thalassotherapy center (that are reflected in the statistics and graphs that will be displayed).

Conclusions. Overweight and obesity, as well as related non communicable diseases, can be prevented for the most part. The favorable environments people's choices are fundamental, so that the simplest option (the most accessible, available and affordable) is the healthiest in terms of food and periodic physical activity. The treatment in a Thalassotherapy center is an ideal place that meets all the characteristics to begin to take the first step to improve the quality of life.