

INFLUENCE OF WEIGHT LOSS PROGRAM ON THE PSYCHO EMOTIONAL STATUS OF PATIENTS

Abstract

The presence of fat accumulation and cellulite, however, is a serious blow to the self-esteem of women and the negative consequences of this are carried on mood, activity, performance, motivation. The optimization of weight and cellulite reduction reflects positively on the overall psycho-emotional status, self-esteem, mood, and performance. The aim of this study is to evaluate the general health and psychological state of clients through questionnaire survey and evaluation of self-esteem, activity and mood (SAM) and to compare the results before and after conducting of our weight loss program. The research evaluate the effect of our weight loss program on overweight and cellulite in 123 women for three month period. The examined patients have cellulitis - second degree and overweight (mean BMI = 27,30), at the age of 29 to 45 years. They are divided into three groups: group A (45 women); group B (37 women) and group C (41 women). The study focused on body performance and psycho-emotional tone. Differences in the monitored indicators show the effectiveness of the three physiotherapy programs.

Key words: *overweight, self-esteem, activity, training*
