

Ernährungstrainer - Betreuung Bei Der Gewichtsreduktion: Betreuung Bei Der Gewichtsreduktion - Christian Kubny

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Axel Müller ist 41 Jahre alt, arbeitet als Speditionskaufmann und ist ein endomorpher Typ. Nach seinem Alter und seinem Body-Mass-Index zu urteilen ist er im Adipositas Grad 1 einzustufen. Körperlich neigt er zur androiden Körperfettverteilung und sein Körperfettanteil ist viel zu hoch. Über- und Fehlernährung, sowie Bewegungsmangel sind hier sicherlich die Hauptursache, die auch für die Arthrose in den Knien und die abgeschwächte Bauch- und LWS-Muskulatur zuständig ist. Wohl auch durch seine Fettleibigkeit steigt, lässt sein Blutdruck, sein Ruhepuls und seine Ausdauer ebenfalls zu wünschen übrig. Außerdem sind bei Axel noch weitere Folgeerkrankungen der Adipositas zu erkennen, welche sich durch Schmerzen in den Gelenken und psychosozialen Störungen äußern. Daher trägt er ein erhöhtes Risiko für weitere Folgeerkrankungen wie:- Diabetes mellitus Typ 2- Fettstoffwechselstörungen- Gicht- Weiteren kardiovaskulären Erkrankungen- Skeletterkrankungen- Blutgerinnungsstörungen- Schlaf - Apnoe - Syndrom- Venenleiden- Tumoren der verschiedensten Organe- Erhöhtes Operationsrisiko. Deswegen werden wir zusammen versuchen, diese Störungen durch eine gezielte Gewichtsabnahme zu verringern und am besten ganz zu beseitigen. Die erste Hürde (überhaupt erst einmal ins Fitnessstudio zu kommen) wurde schon einmal geschafft. Nachdem Axel die größten Hürden vor einem Studio und dem möglichen Gelächter der anderen Gäste überwunden hat, wird es nun ein großer Teil meiner Aufgabe sein, seine Motivation noch zu steigern und ihn somit für eine gesunde Ernährungsweise, sowie sein Fitnesstraining zu begeistern. Author: Kubny, Christian Publisher: GRIN Verlag Illustration: N Language: GER Title: Ernährungstrainer - Betreuung bei der Gewichtsreduktion: Betreuung bei der Gewichtsreduktion Pages: 00020 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638314022 Category: Sports & Recreation : General

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