

## The role of resistance training in treatment options of obesity related health issues

**James Clark**

*Manchester Community College, USA*

### Abstract

The use of exercise has become a staple in the prevention and treatment options for the retarding the development of health issues pertaining to individuals who are overweight, overfatness or experience obesity. However, there are few studies and reviews look at the global issues surrounding the metabolic and anabolic hormone consequences of overfatness and the interaction of exercise with adiposity in humans developing the health status for the individual. This review offers an insight into the most recent understanding of health issues pertaining to metabolic and hormonal disruption related to overfatness and how exercise, particularly resistance exercise, can have a positive impact on resolving health issues for the overfat individual, regardless of body compositional changes, improving the responses to anabolic hormones at peripheral tissues leading toward a reduction of the diseased state and eventually a normalization of health status for the individual.

### Biography

James Clark has completed graduate course work in Physical Therapy from the University of Miami, Education from California Polytechnic University, Pomona and Integrative and Evolutionary Biology from the University of Southern California and prior to taking his teaching position at Manchester Community College began work toward his PhD in Kinesiology at the University of Connecticut. He has published 8 (with 4 more in review) peer-reviewed papers, and has spoken to various organizations about exercise and health. His research interest lies in the hormonal response of obese individuals to resistance training as a method for weight loss and health promotion.