

Focus on strength

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Propositions

Focus on Strength

Design, Development, Production, Implementation and Evaluation of an Overweight Prevention Program.

Gill A. ten Hoor

In 11-15 year olds, the combination of strength exercises plus motivational lessons contributes to an improvement in body composition and a smaller decrease in physical activity level (this thesis).

In youngsters who are overweight, positive social experiences with resistance exercises increase their perceptions of competence, their self-worth, and in time, their intrinsic motivation for exercise (this thesis).

Research focusing on the psychological outcomes of strength exercises in people who are overweight or obese report mostly on clinical psychological outcomes or markers of quality of life, neglecting outcomes on self-determination and attitudes (this thesis).

Parents are less positive about strength exercises compared to aerobic exercises as they consider them to adversely affect their child's health. That belief is not in line with scientific evidence (this thesis).

"We cannot solve our problems with the same level of thinking that created them" – Albert Einstein. - We have to understand a problem before we can solve it. We have to understand behavior before we can change it.

As long as science is not transparent, science is just an opinion.

To make people healthier, one has to focus on what health behaviors people *want* to do instead of what they *have* to do.

The solid theoretical base and the significant body composition improvements found in this thesis strongly advocate larger scale implementation.

To reduce obesity related health issues, the focus should not be on BMI or weight, but on improving body composition.

We need less rules and regulations.