

Obesity treatment : evaluation of conservative treatment strategies

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Stellingen

behorend bij het proefschrift

Obesity Treatment

Evaluation of conservative treatment strategies

1. Een verhoogde eiwitname zorgt voor beter behoud van gewichtsverlies na een laagcalorisch dieet (dit proefschrift)
2. Een toename van 30 minuten matig intensieve lichamelijke activiteit per dag zorgt voor een verbetering van de glucosetolerantie (dit proefschrift)
3. De combinatie van lichamelijke activiteit, voedingsadvies en gedragstherapie zorgen voor langdurig gewichtsverlies, verbetering van kwaliteit van leven en eetgedrag bij obese mensen (dit proefschrift)
4. Gewichtsverlies door voedingsadvies, gedragsverandering en lichamelijke activiteit in alledaagse omstandigheden bij obese personen is mede afhankelijk van hun genetische achtergrond (dit proefschrift)
5. Er bestaat geen dieet dat doet, wat gezonde voeding doet. Dus stop met diëten en begin met gezond eten
6. Quick fixes are a marketing creation. They don't exist in the real world (Ross Enamait)
7. Genes load the gun, the environment pulls the trigger (George Bray)
8. De vergoeding voor een multidisciplinaire obesitas behandeling zou geen verzekeringsvraagstuk moeten zijn.
9. To lose confidence in one's body is to lose confidence in oneself (Simone de Beauvoir)
10. Nil volentibus arduum