

PREVENTION OF OBESITY IN MILITARY WOMEN

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Abstract.

This article is devoted to the study of foreign experiences aimed at preventing obesity in military women. The article analyzes effective approaches to preventing obesity in the military systems of countries such as the USA, Canada, Great Britain and Australia, including measures such as proper nutrition, regular physical activity, stress management and psychological support. The importance of comprehensive approaches to maintaining a healthy lifestyle in military women is emphasized. These experiences can help military personnel prevent obesity and improve their health.

Keywords:

Military women, obesity, nutrition, physical activity, stress management, psychological support, foreign experience, healthy lifestyle, Australia, USA, Canada, Great Britain.

Introduction

Military women represent a special group that must manage not only physical strength and determination, but also health maintenance and proper nutrition simultaneously. Their lives are constantly associated with activity and physical exercise; however, the stressful and highly demanding conditions of military service can expose them to health problems such as obesity or overweight. Therefore, preventing obesity among military women is extremely important.

LITERATURE REVIEW AND METHODOLOGY

Military women are required to maintain continuous physical activity in their service. However, obesity is still observed among them. Certain aspects of military service, such as stress, lack of sleep, heavy workload, and irregular eating habits, can contribute to this issue. Military women may also experience high psychological pressure in achieving their goals, which can lead to increased food cravings and unhealthy habits.

Biological factors such as hormonal changes, pregnancy, and lactation may also contribute to obesity. For military women, obesity is not only an aesthetic concern but also a serious health risk. It can limit physical performance, thereby reducing the ability to carry out military duties effectively. Excess body weight increases the risk of cardiovascular diseases, diabetes, osteoporosis, and other health conditions. Additionally, obesity can lead to lower self-esteem and various psychological problems among women.

Balanced nutrition is essential for military women. Since they are engaged in activities that require high energy expenditure, their diet must be effective and well-structured. It is important to choose a diet that includes fruits, vegetables, nutritious proteins (such as poultry and fish), and nuts. Excessive consumption of carbohydrates and fats should be avoided. Selecting low-fat foods with a low glycemic index is crucial. As military women are physically active,



adequate water intake is also important, as it helps maintain bodily functions and ensures efficient transport of nutrients.

Military women should maintain regularity and high intensity in physical activity. It is important to create a routine that includes specific exercises such as running, yoga, or Pilates.

- Improving strength and endurance: Performing strength training and endurance exercises, such as weightlifting, not only helps control body weight but also improves overall physical condition.
- Maintaining a healthy body and heart: Aerobic exercises are essential for strengthening the cardiovascular system in military women.

Increased stress can lead to obesity, as unhealthy eating habits often emerge during stressful periods. Practices such as meditation, breathing exercises, or short breaks can help reduce stress. Psychological counseling and group support sessions are also beneficial for managing stress among military women.

Military women should regularly monitor their weight and overall health. To maintain a healthy weight, it is necessary to check body weight consistently. Regular medical examinations and health monitoring—especially of hormonal balance and metabolism—can help prevent obesity. Preventing obesity among military women is important not only from an aesthetic perspective but also for maintaining both physical and psychological health.

DISCUSSION AND RESULTS

Proper nutrition, regular physical activity, stress management, and health monitoring help ensure the successful and healthy continuation of military service. Forming and maintaining a healthy lifestyle is essential for ensuring both

professional success and well-being among military women. Studying Foreign Experience: Approaches to Preventing Obesity Among Military Women.

Approaches and experiences aimed at preventing obesity in foreign military systems provide effective and innovative methods for military women. Different countries take various factors into account when shaping their approaches to military women, recognizing obesity and health as important issues on a global scale. Below are some effective international practices:

In the United States Army, numerous initiatives are implemented to prevent obesity and improve the physical health of military women. Within the framework of the Army Wellness Program, various resources and support systems are provided to help military personnel establish a healthy lifestyle. Special nutrition plans are developed based on the specific needs and energy expenditure of military women. Service members have regular access to healthy meal preparation and physical exercise opportunities. Physical training sessions are conducted regularly to prevent obesity, including light running, cardio exercises, and strength training. Psychological support programs and stress management training are also implemented. The success of this system lies in the fact that the U.S. Army not only focuses on physical training and nutrition but also provides psychological support to military personnel.

In Canada, a holistic approach is applied to prevent obesity among military personnel. This approach considers all aspects of health—physical activity, nutrition, and psychological



stability—as interconnected components. Military women receive training from dietitians tailored to their specific needs and activity levels, allowing them to adjust their diets accordingly. Specialized physical training programs are designed to keep personnel active, including exercises such as cycling, running, and swimming. Activities like yoga and meditation help reduce stress and improve both physical and mental health. Additionally, individual consultations are available to support overall health and resilience. This comprehensive approach in the Canadian military has proven effective in preventing obesity among military women.

In the United Kingdom Army, approaches to preventing obesity are based on promoting a healthy lifestyle. The following measures are taken to improve both the physical and mental condition of military personnel: training on preparing high-energy and goal-oriented nutrition plans, as well as access to specially designed healthy meal options within the army. Regular physical training programs are conducted, including outdoor exercises, yoga, and endurance-based workouts. The UK Army also provides timely medical check-ups and access to specialists for managing excess weight, helping military personnel prevent obesity effectively.

CONCLUSION

In the Australian Army, there is a comprehensive approach to physical training and obesity prevention among military women. Within this approach, military women are taught the following: courses are organized to enhance physical activity and promote proper nutrition; psychological counseling and support programs are provided to reduce stress and improve self-esteem; and military personnel are encouraged to adopt appropriate nutrition and maintain physical activity to prevent obesity. The Australian military system applies a rational and well-managed approach to obesity prevention.

Experiences from foreign military systems demonstrate that comprehensive approaches are essential for preventing obesity among military women. Systems that incorporate multiple components—such as proper nutrition, regular physical exercise, stress management, and psychological support—help military women maintain a healthy lifestyle. These approaches highlight best practices that can be studied and implemented, providing effective solutions for preventing obesity among military women.

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