

A proposal of exercises to obese children in kinder garden

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Abstract

Introduction: At present the increase in childhood obesity is alarming. Early detection and intervention of this health problem is crucial for de prevention of a high rate of morbidity and mortality due to cardiovascular diseases. **Objective:** To create a proposal of recreational games those contribute to the physical improvement of the obese child. **Method:** An observational, descriptive, cross-sectional investigation was carried out, where 122 children from 1 to 5 years of age of both. The degree of association of obesity with other risk factors. A proposal of recreational games to obese children under five was designed. A questionnaire was applied to experts to determine the importance of proposal and validate it. **Results:** There was a prevalence of obesity of 7.4 %. The obesity was associated in a statistically significant way to the variables: family history of obesity ($p=0.0004$), high birth weight ($p=0.000$) and waist height index ($p=0.0228$). The proposal of recreational games adapted to obese children was elaborated. **Conclusions:** High prevalence of overweight and obesity in the studied children. A selection of 16 adapted recreational games was proposed, designed to improve the quality of life of the obese infants and contribute directly and attractively to the physical and intellectual formation of the child in the preschool stage. The proposal will also provide information to those responsible for the education and training of the child, about the use of the games and its importance for children.

Keywords: pediatric obesity, hypertension, recreational games and exercises