Background
Therapeutic interventions in obesity in addition to the weight loss, seek to improve the profile of cytokines. It is believed that physical activity, even in the absence of significant weight loss, may favorably increase the concentration of irisin and decrease the concentration of chemerin.

The aim of the study was to compare the impact of a standard lifestyle intervention (SI) with an intense intervention (II) including controlled increase of daily physical activity (from 5 up to 15 min. daily) on the concentration of irisin and chemerin in prepubertal children with obesity.

Results

Even short, but regular and controlled physical activity has a beneficial effect on the concentrations of irisin and chemerin in children with obesity.

References

