

# HYGIENIC PRINCIPLES OF WEIGHT CONTROL IN MILITARY SERVANTS THROUGH HEALTHY DIET AND PHYSICAL ACTIVITY

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## Abstract

This study presents the results of scientific research conducted to evaluate the effectiveness of weight management strategies through comprehensive measures for healthy nutrition and adequate physical activity under military service conditions.

## Introduction

### Methods

Surveys, bioelectrical impedance analysis (BIA), epidemiological, sanitary-hygienic, and sanitary-statistical methods were employed to establish hygienic principles for weight management through healthy nutrition and physical activity among military personnel. The study included military personnel suffering from overweight and obesity serving in various units of the Ministry of Defense. Inclusion criteria for the study encompassed officers of all ages and genders, as well as contract-based military personnel. The research examined their daily routines, living and service conditions, dietary patterns and habits, and levels of physical activity.

### Results

Our study of the daily routine of military personnel suffering from overweight and obesity revealed that 72,0% of the subjects woke at 6.00-6:30 a.m. and went to bed at 22.00-22.30 p.m., while 23,4% of military personnel woke between 6.30 and 7.00 a.m. and went to sleep between 22.30 and 23.00, while 3,53% woke at 7.00-7:30 a.m. and went to sleep around 23.30-00.00, while 1,07% of military personnel woke after 8.00 a.m. and went to sleep after 00.30 p.m.

In addition, 50,5% of respondents ate breakfast every morning, 25,5% had a habit of not eating breakfast, and 24,0% of military personnel ate breakfast only occasionally. It was also found that 24,9% of those surveyed ate 1-2 times a day, 73,9% ate 3-4 times a day, 3,0% ate 4-5 times a day, and none of the subjects ate 6 times a day.

It was found that 87,3% of the subjects engaged in some type of physical activity for 30 to 60 minutes during the day, while 13,7% were physically active for more than 60 minutes. Of those who were physically active for more than 60 minutes, 11,3% had first-degree obesity, while 88,7% were overweight.

Based on the results of questionnaire surveys and bio impedance studies, it was found that military personnel with an average daily routine of physical activity face challenges in maintaining a



normal body weight. Meanwhile, military personnel with relatively higher levels of physical activity have somewhat better opportunities to control their body weight. However, military personnel who do not adhere to healthy eating criteria and dietary regimens experience significant problems in managing their body weight.

Additionally, it was determined that military personnel consuming a high-calorie diet, specifically one rich in carbohydrates, have limited weight management capabilities even when subjected to high-intensity physical exercises.

### Conclusion

Therefore, it can be concluded that military personnel have a higher chance of controlling their body weight not only through their physical activity, but also through their healthy diet.

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