

# Effect of an intermittent high intensity training program in overweight and obese children in Arica, Chile Efecto de un programa de entrenamiento intermitente de alta intensidad en niños con sobrepeso y obesidad en Arica, Chile

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In order to identify the effects of high-intensity interval training on overweight and obese children, 206 students categorized as overweight and obese and involved in the first basic cycle at a low-medium socioeconomic level school in Arica, Chile, were studied. Measurements were taken of their weight, height, body mass index (EMI), waist circumference (WC) and aerobic capacity. The sample was divided into a control group (102 participants) and an intervention group (104 participants). The initial exercise load for both groups amounted to 2h per week. The study group was subjected to a high-intensity intermittent training program, carried out three times per week for eight weeks for a total of 24 sessions, each lasting 1h. This corresponded to the addition of 3h per week. The results show that the subjects of the intervention presented a significant decrease in WC and EMI z-score and a significant increase in aerobic capacity. Subjects in the control group significantly increased thei