

## STUDY OF OBESITY WITH THE 6-18 YEARS OLD CHILDREN IN ELBASAN

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### ABSTRACT

The development of adequate and individualized physical education and sports by the specialist teacher in this field, for all children and students including subjects with disabilities of ages 6-18 years, in the schools of Elbasan, influences directly in the reduction of obesity and body fat, formation of a healthy way of life and boosting cardiac-vascular-respiratory, physical, motor, psychological, cognitive, social and economic development of the youth and our society. Such a process of transformation, in fact, has been successfully implemented in the city of Elbasan, because physical education teachers have implemented the appropriate methodological procedure to reduce overweight and obesity and educate their students, with a healthy lifestyle. The teachers of all other fields nowadays recognize the important role of the physical education teachers and the social and health value of their mission.

**Keywords:** Physical education, obesity, teachers, health, children.