

18th annual Congress of the
EUROPEAN COLLEGE OF SPORT SCIENCE

26th - 29th June 2013, Barcelona – Spain

BOOK OF ABSTRACTS

Edited by:

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Hosted by the:

National Institute of Physical Education of Catalonia (INEFC)

DO I TRAIN TO LOSE BODY WEIGHT IF I AM ALREADY FOLLOWING A DIET?

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Introduction Most studies have described how the weight loss is when different treatments are compared (1-3), showing that there are no statistical differences between them when the diet is included. The aim of this study was to compare the effect of training added to a calorie restriction on the body weight (BW) loss. **Methods** Eighty-five people, with BMI 25-34.9 kg•m⁻², aged from 18 to 50 years, participated in the study during 6 months. Two types of treatments were randomly assigned: combined strength + endurance training group (SE, n=46), and physical recommendations group (C, n=39). All participants followed a 25-30% calorie restriction diet. A Student's t test was used to compare the BW loss in both groups. Probability level for statistical significance was set at $\alpha=0.05$. **Results** The BW loss was similar for both groups in kg ($t_{83}=1.302$; $p=0.196$) and in percentage ($t_{83}=-1.224$; $p=0.224$). The BW loss was for SE group -9.37 ± 3.58 kg (-10.51 ± 3.58 %) and for C group -8.15 ± 5 (-9.27 ± 5.64). **Discussion** Although weight loss was similar in both groups, we suggest that any weight loss program should include exercise because it maintains the FFM, contributing to the body's overall energy expenditure rate (4), and has greater cardiometabolic health benefits (3). All body weight loss would be due to fat mass loss if exercise is included. However,

since exercise cannot produce a 25% caloric restriction by itself (approximately 120 min for women and 90 min for men would be required), a daunting task today (5), it would be desirable to combine diet and exercise. References 1. Brochu M, et al. Resistance training does not contribute to improving the metabolic profile after a 6-month weight loss program in overweight and obese postmenopausal women. *J Clin Endocrinol Metab.* 2009 Sep;94(9):3226-33. 2. Del Corral P, et al. Effect of dietary adherence with or without exercise on weight loss: a mechanistic approach to a global problem. *J Clin Endocrinol Metab.* 2009 May;94(5):1602-7. 3. Larson-Meyer DE, et al. Caloric Restriction with or without Exercise: The Fitness vs. Fatness Debate. *Med Sci Sports Exerc.* 2010;42(1):152-9. 4. Ravussin E, et al. Determinants of 24-hour energy expenditure in man. Methods and results using a respiratory chamber. *J Clin Invest.* 1986;78:1568-78. 5. Redman LM, et al. Effect of Calorie Restriction with or without Exercise on Body Composition and Fat Distribution. *The Journal of Clinical Endocrinology & Metabolism.* 2007;92(3):865-72.