

ANALYSIS OF THE EFFECTS OF A THREE-MONTH LONG WEIGHT LOSS PROGRAMME ON OVERWEIGHT WOMEN

Abstract

The study examined the effects of a three-month long weight loss programme (consisting of aerobic and strength exercise and nutrition) on changes in body composition of twenty healthy middle age overweight women, aged 38 to 55 (average 45,8), who led sedentary lifestyle. Data was analysed with t-test (t-paired) in order to compare individual variables before and after the weight loss programme. Training consisted of 30 min of cycle ergometry at 60–70% maximal heart rate, 3 times weekly for 3 months, followed by strength exercises for all muscle groups. The results showed the reduction of body mass (in average 8 kg - 0.6 kg per week) and fat percentage (more than 4%). Body mass index has decreased by nearly 3 units. Skin fold values have been reduced by approximately 20% with the most noticeable decrease of circumferences in the torso area (hips and waist). The programme should be continued until body mass index values drop below 30 and consequently body weight to normal value.

Key words: weight loss, obesity, body mass, nutrition, exercise, women
