Effect of diet and exercise on weight reduction and lipid profile in adults

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Study groups included a low calorie diet group, low calorie diet group with programmed exercise group and a control group. Six subjects participated in each group. An orientation programme that included initial group instruction separately for low calorie diet group and low calorie diet and exercise group was conducted for the subjects to know about exercise and dietary methods of weight control. Different calorie levels suggested for weight reduction had no much differential effect, as calorie levels prescribed were based on ideal body weight of the subjects i.e., 20 kcal per kilogram of ideal body weight. Hence, it is indicated that adherence to low calorie diet with or without exercise is possible for a period of six months. Low calorie diets are helpful in reducing the fat deposition and undesirable biochemical parameters. But low calorie diet coupled with exercising daily for 30-45 minutes, six days in a week has an additional benefit in reduction of body weight, improving lipid profile and in increasing one’s self image.


Key Words: Low calorie diet, Ideal body weight, Exercise, Fat deposition