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Effects of intervention programs on changes in resting energy expenditure

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Abstract

The aim of the study was to assess the effects of two types of weight reducing programs on changes in resting energy expenditure (REE) in overweight middle aged women. We recruited 28 overweight or obese premenopausal women at the age of 40–50 years via poster advertisements, of which 6 of the women were withdrawn early. Participants were divided into 2 groups – D and DC. Women assigned to group D (n = 10) had only a diet regime prescribed, whereas group DC (n = 12) followed a combined diet and exercise intervention. The diet was identical for both groups and the daily energy restriction for each participant was approximately 2000 kJ. Group DC combined resistance training and aerobic exercise. Both programs ran for 6 weeks. At the beginning and end of the intervention REE values (measured by indirect calorimetry), REE/kg and selected anthropometric parameters: body weight, stature, BMI, waist, hips and thigh girth, and body fat percentage were monitored. In the combined intervention program the REE decrease was smaller than in the group with only an energy restricted diet. However, the REE and REE/kg changes detected at the end of the monitored period were not statistically significant, and there was no significant statistical difference between the applied intervention programs. Apart from the thigh circumference, the two intervention programs did not show different effects of any statistical significance on the change of monitored anthropometric indices. However, for all the parameters monitored (REE as well as the anthropometric ones) we can see that energy restricted diet combined with exercise is more effective than diet alone. To affect the REE more markedly, prescription of physical exercise of longer duration, and of greater intensity and frequency would be necessary.

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