

# Weight loss with protein and resistance exercise in overweight older adults

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29590

### Source

Nationaal Trial Register

### Brief title

WelPrex

### Health condition

Overweight, adiposity

## Sponsors and support

**Primary sponsor:** Amsterdam University of Applied Sciences

**Source(s) of monetary or material Support:** Amsterdam University of Applied Sciences

## Intervention

## Outcome measures

### Primary outcome

Fat free mass

### Secondary outcome

Muscle strength, physical functioning, quality of life

# Study description

## Background summary

To investigate the effect of a high protein diet and resistance exercise on body composition, muscle strength, physical functioning and quality of life in overweight older adults during a 10 week weight loss period.

## Study objective

A high protein diet and resistance exercise have a positive effect on fat free mass, fat mass, muscle strength, physical functioning and quality of life compared to regular dietary and exercise advice according to CBO guidelines for treatment of obesity in an overweight population of older adults.

## Study design

1. baseline
2. after 5 weeks
3. after 10 weeks

## Intervention

Duration of intervention: 10 weeks.

Subjects are randomized into:

1. control group (regular diet and exercise advice according to CBO guideline) or,
2. high protein diet group (high protein diet and exercise advice according to CBO guideline) or,
3. exercise group (regular diet and exercise program according to CBO guideline) or,
4. high protein diet and exercise group (both high protein diet and exercise program).

The regular dietary advice consists of 0.8 g/kg and the high protein dietary advice of 1.3 g/kg body weight (using current weight for BMI < 30 kg/m<sup>2</sup> or using weight at BMI 27,5 kg/m<sup>2</sup> for BMI ≥ 30 kg/m<sup>2</sup>).

Exercise training in groups 3 and 4 involve resistance exercise (circuit training) combined with an aerobic warming up and cooling down 3 days a week during 60 minutes.

## Contacts

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## Eligibility criteria

### **Inclusion criteria**

1. BMI>28 and/or BMI > 25 with a waist circumference > 88 cm (women) or > 102 cm (men)
2. age>=55
3. Willingness and ability to comply with the protocol, including:
  - A. following a hypocaloric diet
  - B. participation in study visits
  - C. ability to comply with the complete study protocol
  - D. ability to understand and fill out questionnaires
  - E. physiotherapist's professional view that the subject is physically fit and it is safe to participate in the resistance exercise program.

## Exclusion criteria

1. renal failure
2. cardiovascular disease
3. Diabetes Mellitus with insulin
4. exercise asthma
5. dysfunction of joints
6. use of antidepressant (< 1 year)
7. thyroid dysfunction (use of thyroid medication with changed dosage in last 12 months. When stable, subjects can be included.)
8. Participation in a resistance exercise and/or weight loss program three months before starting and during the study
9. Current alcohol or drug abuse in opinion of the sponsor-investigator
10. Known allergy to milk and milk products
11. Known galactosaemia
12. Sponsor-investigator's uncertainty about the willingness or ability of the subject to comply with the protocol requirements

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

## Recruitment

NL  
Recruitment status: Recruitment stopped  
Start date (anticipated): 01-05-2014  
Enrollment: 120  
Type: Actual

## Ethics review

Positive opinion  
Date: 01-05-2014  
Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

### Register ID

NTR-new NL4434

NTR-old NTR4556

Other Amsterdam University of Applied Sciences : METc: IRBN2014001

## Study results

### Summary results

N/A