



Diane Magazine





Quiz







Dietary Intervention Patterned After Curves Phases

Moderately High Protein Diet (n=28) Phase I – 1,200 kcal/d for 2 W (20% CHO, 50% PRO, 30% F)

- Phase II 1,600 kcal/d for 8 W (15% CHO, 55% PRO, 30% F)
- Phase III 1,000 kcal/d for 4 W (55% CHO, 55% FRO, 35% F)
 Phase III 2,600 kcal/d for 4 W (55% CHO, 15% PRO, 30% F) and 1,200 kcal/d (20% CHO, 50% PRO, 30% F) for 3/2, 3/2, 5/2, & 10 days)

Very High Protein Diet (n=35)

- -Women positive on CHO tolerance questionnaire
- Phase I 1,200 kcal/d for 2 W (7% CHO, 63% PRO, 30% F)
- Phase II 1,600 kcal/d for 8 W (15% CHO, 55% PRO, 30% F)
 Phase III 2,600 kcal/d for 4 W (55% CHO, 15% PRO, 30% F)
- and 1,200 kcal/d (7% CHO, 63% PRO, 30% F) for 3/2, 3/2, 5/2, & 10 days

Curves

Training Program

- Standard Curves 30minute program performed 3 d/wk
- Workouts were monitored
- Women were required to
- make up missed workoutsTraining compliance was

~98±1%





At 0, 2, 10, 10.4, & 14 W:
Dietary Records (4-d)
Psychometric Tests
Body weight
Body Composition/Bone Density (DEXA)
Total Body Water (BIA)
Hip & waist measurement
Resting HR & BP
Fasting Blood Samples (12h)

 Resting Energy Expenditure (REE)































Curves II

- 14 wk replication study
- 180 overweight but healthy women
- Research Modifications
 - 1 week phase I diet (1,200 kcals/d) instead of 2 weeks More manageable

 Wanted to minimize decrease in REE

- observed during the first 2-weeks in the first study
 - Curves











Curves II

- Metabolism increased without <u>Resting Energy Expenditure</u> gaining weight
- · More impressive increase in REE during maintenance phase
- Dr. Mary Nelson from Tufts University was quoted as saying "Gary Heavin says you can raise metabolic rate by eating and intermittent dieting. You Can't!.....
- · Here's another study showing YOU CAN!



Curves



Curves One-Year Extension

 Subjects who completed the 14-wk study were invited to continue to train and/or diet for oneyear



20 10

0

-30

-40

Change (Ibs -10 -20



Curves

Curves One-Year Extension

· Goal was to determine if women who continued program would be able to maintain weight loss compare to those who did not.























Curves

Curves Fitness



Curves Research Impact

- Research presented at leading scientific meetings
- Abstracts published in quality scientific journals
- Research findings highlighted in numerous fitness magazines, newspaper articles, and on local and national news shows



Curves Research Impact Several research teams are now looking at Curves fitness and weight loss methods Revolutionizing how America thinks about diet and exercise!







- Encourage involvement in recreational activities
- Add nutritional strategies to optimize recovery, protein synthesis, and fat loss







Post-Exercise Protein

- Meal timing plays an important role in optimizing training adaptations and recovery
- Ingesting a light carbohydrate/protein snack prior to exercise can reduce the catabolic effects of exercise



Curies









0.401



Calcium & Weight Loss

- Increasing dietary calcium decreases 1,25-diydroxy-vitamin D and calcitriol in fat cells and therefore inhibits fat formation.
- Some have theorized that increasing dietary calcium can help prevent fat storage and/or promote fat loss.



Calcium & Weight Loss

 Zemel et al (*Clin Nutri* 75(2):S342-3, 2002) reported that supplemental calcium (800 mg/d) or high dietary intake of calcium (1,200 – 1,300 mg/d) during a 24-week weight loss program promoted greater weight loss (26-70%) and fat loss (38-64%) compared to subjects on a low calcium diet (400-500 mg/d).



Calcium & Weight Loss

- Calcium is good for your bones and waistline!
- Currently conducting a study to determine whether calcium supplementation in postmenopausal women participating in the Curves program would promote greater fat loss



 Strongly recommend calcium supplementation for Curves Got Milk? Reformulation



Variable	Impact of Curves
Weight	
Body Fat	1
REE	
Waist & Hip Circumferences	
Most Effective Diet	
Muscular Strength / Endurance	

Variable	Impact of Curves
Maximal Aerobic	
Resting HR & BP	
Cholesterol	
Leptin (Appetite Hormone)	
Body Image, Self-Esteem	
Quality of Life	
Nutritional Strategies to Optimize Results	





