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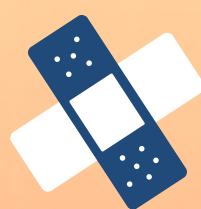


NOV 2020

Combination of Resistance and Aerobic Exercise Best for Older Persons with Obesity

PRESENTING QUESTION

In older adults with obesity who have mild to moderate frailty, what is the best type of exercise program?



INTERVENTION

They were randomized into one of four groups: aerobic exercise plus weight loss, resistance exercise plus weight loss, both types of exercise plus weight loss, and no intervention. Aerobic exercise consisted of three one-hour sessions per week, and resistance training also consisted of three one-hour sessions weekly.



COMPARATOR

Placebo

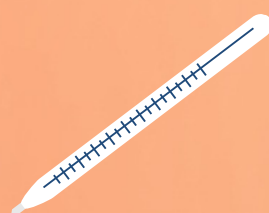
OUTCOMES

The Physical Performance Test and the Functional Status Questionnaire score increased the most in the group that did resistance training plus aerobic exercise.



TIMEFRAME

Study Design: Randomized controlled trial (single-blinded)



SYNOPSIS

The mean age of participants was 70 years, approximately two-thirds were women, nearly 90% were white, and their average BMI was 37 kg/m². Of the 160 patients, 141 completed the six-week trial; analysis was by intention to treat, and a similar number were lost to follow-up in each group. Outcomes were assessed by persons masked to the intervention. The authors evaluated a range of measures, both physiologic and functional. This group's improvements in strength were similar to those of the resistance training-only group; one theory was that doing both would mitigate the benefit of each type of exercise, which was not the case. Finally, exercise was not without risks. Adverse events included atrial fibrillation and a variety of joint pains and back pains.



KEY TAKEAWAY

- At the end of the study, persons in the intervention groups lost an average of 8% to 10% of their body weight.
- Limitations in the study would be that approximately two-thirds were women, nearly 90% white with average BMI of 37kg/m².
- Older adults with obesity, the combination of exercise and weight loss was better at improving function than either alone.



Designed by Faith Nwokorie, 2020-2021 IAFP Extern
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