

LOSING FAST MEANS... LOSING FAST

Effects of weight loss speed on mass and strength

In many sports, getting lean can be very important to optimal performance. It can improve your power-to-weight ratio, which means you can jump higher, run faster, etc. If you are in a sport where weight classes are contested, like wrestling, boxing, or weightlifting, it can allow you to compete in a certain weight category. Also, while not necessarily important to performance for everybody, people like to be lean because it makes them look better. Whatever your reasons may be, achieving lower body fat levels is a goal commonly shared by many athletes. Of course, accomplishing this goal is not always simple, at least if you are interested in performance. For example, anyone can lose weight by radically decreasing calorie intake, but that would also result in a radical decrease in performance. The key to getting lean is to do it in a way that preserves your abilities to be strong, muscular, and powerful. Certainly, nutrition can play a role (see [HOT PRO-TEIN](#)), but there is much more to it than that. How quickly you lose the weight can also be important.

Power Key: weight, strength, fat, performance, body composition



If your sport is contested in weight classes, losing weight can mean losing performance. But new research shows you how to lose weight without losing performance.

Original Research

Garthe, I., et al. Effect of two different weight-loss rates on body composition and strength and power-related performance in elite athletes. *International Journal of Sport Nutrition and Exercise Metabolism* 97-104, 2011.