

SMART WEIGHT LOSS

How to lose weight while maintaining performance

How do you lose weight while maintaining performance? This is an important question for those sports that require you to make a weight class, such as wrestling, powerlifting, and weightlifting, because you know you *have* to lose weight, but usually that also means losing strength and power. But it does not have to if you know how to approach your weight loss scientifically. What that means is that you pay particular attention to such variables as how much protein to ingest, by how much to reduce your total calories, and how much weight, exactly, you should lose per week in your effort to become leaner, yet without sacrificing strength and power. The problem is finding the proper combination; otherwise, you will see other, less desirable effects that impact either your weight loss or your performance—or both. And that is where this new research can help. A group of scientists from the Department of Biology and Physical Activity at the University of Jyväskylä, Finland; Hospital Jorvi in Espoo, Finland; Hospital Orton in Helsinki, Finland; and the Orthopaedic Department at Gisborne Hospital, New Zealand offer the latest factual approach meant to provide you with a lean physique while maintaining your strength and power.

Power Key: protein, power, weight loss, performance, strength



Eating lots of protein while reducing your overall calories slightly will allow you to lose weight without losing in performance.

Original Research

Mero, A., et al. Moderate energy restriction with high protein diet results in healthier outcome in women. *Journal of the International Society of Sports Nutrition* 7:4, 2010. (Provisional article obtained ahead of print.)