

# Effects on plasma lipoproteins of a prudent weight-reducing diet.

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Description: -  
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New England journal of medicine -- v.325effects on plasma lipoproteins of a prudent weight-reducing diet.

Notes: Taken from New England journal of medicine, vol.325, 1991, pp. 461-466.

This edition was published in 1991



Filesize: 37.26 MB

Tags: #Dietary #weight #loss #and #exercise #interventions #effects #on #quality #of #life #in #overweight/obese #postmenopausal #women: #a #randomized #controlled #trial

## Effect of kinesiological recreation on plasma lipoproteins and apolipoproteins in fertile women

Method Management Participants were instructed to complete diary records, 3 days per week, including 1 day on a weekend, for a period of four days prior to the research study. For HRQOL subscales which significantly differed across intervention groups, Pearson's correlation coefficients were calculated to assess the bivariate associations between changes in HRQOL and physical and psychological factors weight, aerobic fitness, depression, perceived stress and social support.

## Effects of alternate day calorie restriction and exercise on cardio

All analyses were performed with SAS software version 9. Defining the individual and combined effects of diet and exercise interventions on HRQOL will help inform researchers, practitioners and policy makers on optimal lifestyle prescriptions for improving HRQOL.

## Efficacy of aerobic exercise and a prudent diet for improving selected lipids and lipoproteins in adults: a meta

When consensus could not be reached, the other two authors served as arbitrators. Clin Ter 2009;160 2 :151-7. The stained area was quantified via computer-assisted morphometry using Image Proplus software version 4.

## Dietary weight loss and exercise interventions effects on quality of life in overweight/obese postmenopausal women: a randomized controlled trial

Estimation of the concentration of low-density lipoprotein cholesterol in plasma, without use of the preparative ultracentrifuge. J Orthop Sports Phys Ther. Hyattsville MD : National Center for Health Statistics; 2010.

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Although this study has several limitations, this exploratory randomized controlled trial could identify the casual relationship between ADCR,

exercise, and health-related outcomes in healthy overweight and obese adults.

### **Exercise Training and Plasma Lipoproteins in Man**

Effect of prolonged exercise training without weight loss on high-density lipoprotein metabolism in overweight men.

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