Obesity negatively impacts cardio-metabolic health, and can increase the risk of cancer, musculoskeletal dysfunction, and a myriad of other disorders. Therefore, effective strategies to prevent further weight gain and ideally reduce body fat in overweight and obese individuals are needed. Medical therapies such as surgical and pharmaceutical interventions do not provide the same wholistic benefits to health that can be achieved through lifestyle interventions. However, the effectiveness of diet and exercise interventions are commonly questioned given the mismatch between observed and expected weight loss. This webinar will examine:

1. Determinants of weight gain
2. Reasons for the mismatch between observed and expected weight loss
3. Relative merits of various lifestyle interventions for improving body composition and addressing cardiometabolic dysfunction.

The recording is of a webinar presented by ESSA on 22 November 2016.

Presented by Professor Nuala Byrne  BHMS, MAppSc, PhD, ESSAM AEP AES

Nuala Byrne is a Professor in Exercise Physiology and Energy Metabolism, and has recently commenced as the Head of the School of Health Sciences at The University of Tasmania. One theme of her research spans the roles of resting and exercise metabolism in the aetiology and management of obesity and associated co-morbidities. Nuala has held the role of President of the Australia and New Zealand Obesity Society, and is an Accredited Exercise Physiologist interested in designing effective diet and exercise interventions for weight management. With funding from the National Health and Medical Research Council Nuala and her team investigate questions such as: Which is more important – metabolism or behaviour to achieving effective weight loss? What diet and exercise regimes optimise body composition? Can we overcome the body's inbuilt “famine reaction” which acts to slow weight loss during dieting? Another research theme is exploring the relationship between protein metabolism and energy expenditure in optimising lean mass in athletes, individuals during weight loss, and in the elderly. In her previous role as Director of a Collaborative Research Network for Advancing Exercise and Sports Science, Nuala led development of new avenues for research in high performance sports science.

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Obesity – determinants and lifestyle management strategies podcast

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