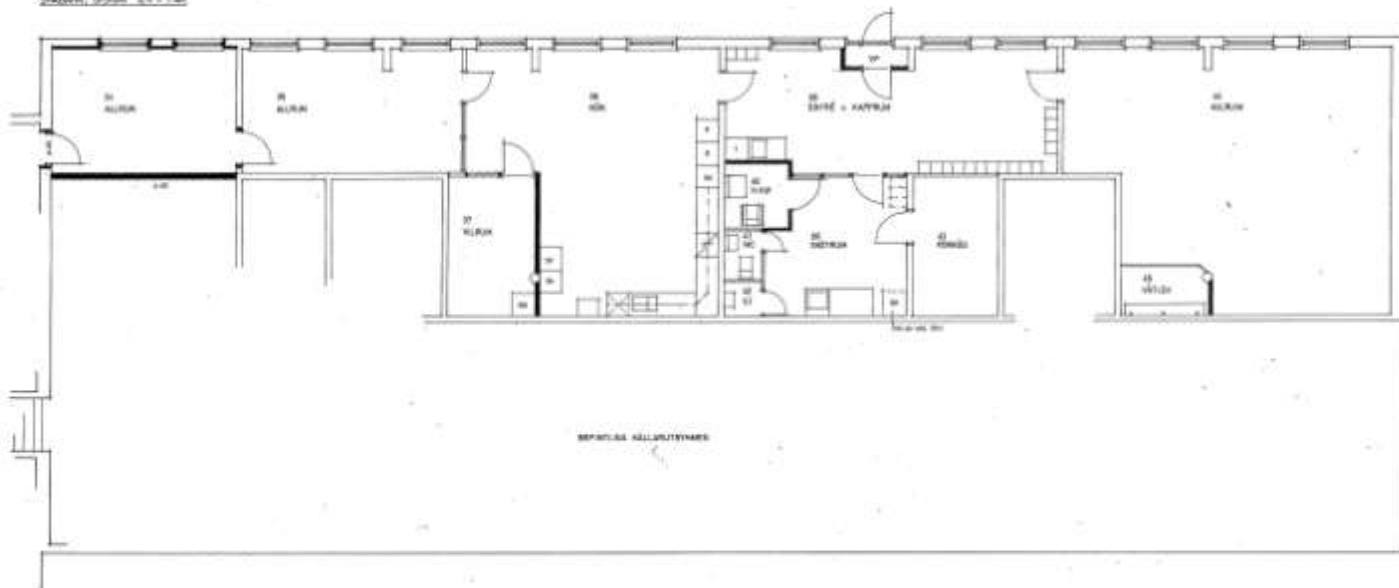


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CONCLUSIONS

CONCLUSIONS

Abstract — The purpose of this study was to determine the effect of a 10-week, 1000 kcal energy deficit diet on the body composition and physical fitness of obese women. The study was a randomized, controlled trial. The subjects were 20 obese women who were randomly assigned to either a diet or a control group. The diet group was instructed to consume a diet that was 1000 kcal less than their maintenance level. The control group was instructed to consume a diet that was equal to their maintenance level. The subjects were monitored for 10 weeks. The diet group lost significantly more weight than the control group. The diet group also lost significantly more body fat than the control group. The diet group also had a significant improvement in physical fitness compared to the control group. The results of this study suggest that a 10-week, 1000 kcal energy deficit diet is effective in reducing body weight and body fat, and improving physical fitness in obese women.

41. Erwin Schrödinger

East, at about 1.8 km from the

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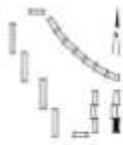
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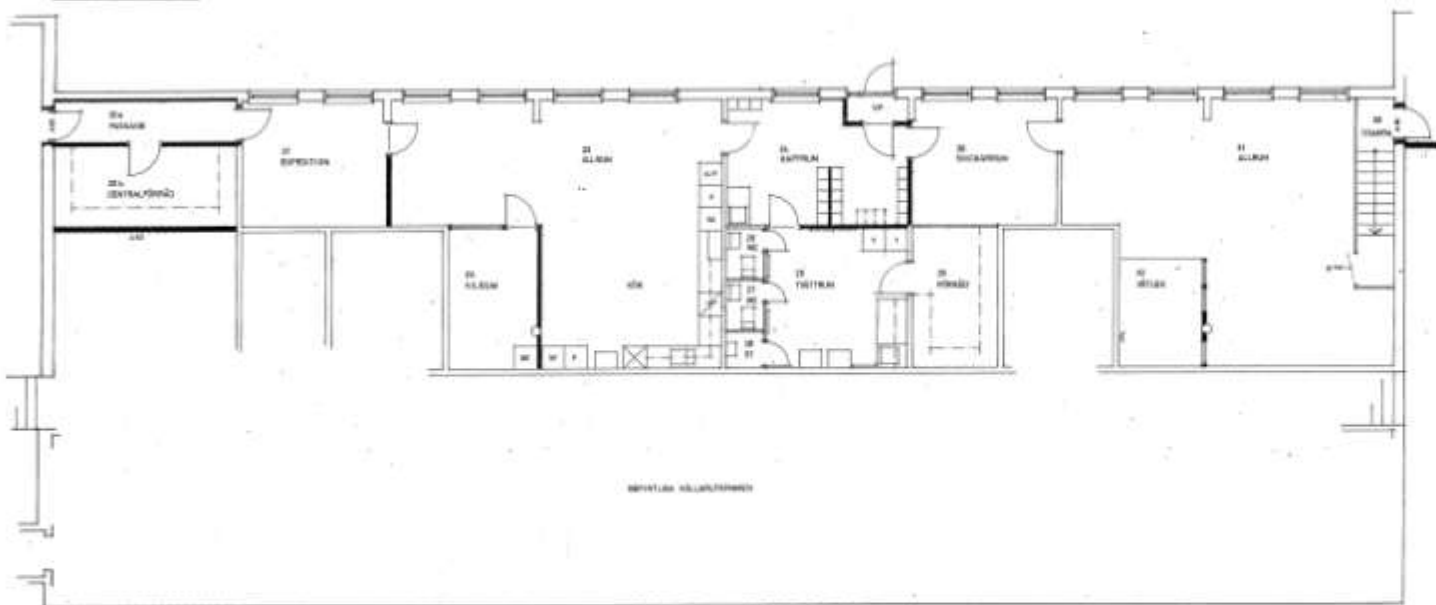
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