

798-P**Effective Lifestyle Intervention for Reduction of Risk Factors for the Metabolic Syndrome**

Joshua Lowndes *Orlando, FL*; Theodore Angelopoulos, James Rippe *Celebration, FL*

Cardiovascular Disease (CVD) is the leading cause of death in the United States. The presence of the Metabolic Syndrome (met) substantially increases the possibility of developing CVD. A key heart disease prevention strategy is therefore to lower risk factors for met. Regular exercise of moderate intensity has been shown to induce favorable changes in some aspects of met, but limited data exists on the effect of exercise when combined with hypocaloric diets in free living settings. We examined the effects of a modified diet and exercise (DEX; $n = 77$) or exercise only (EO, $n = 65$) program on risk factors for met in 142 participants (BMI 22–40) for 24 weeks. Both groups received an exercise prescription recommending a minimum of 15 min of moderate physical activity, 3 days per week and progressing to 45 min, 4 days per week by week 12. They also met with an exercise physiologist once weekly for 12 weeks and biweekly thereafter. Additionally, the DEX group followed a DASH style eating pattern and incorporated one commercially prepared frozen meal and one other selected grocery item each day for 24 weeks and received dietary counseling from a dietician once weekly for 12 weeks and biweekly thereafter. Results for the first 12 weeks have previously been presented. These data suggest that a structured diet plan that incorporates prepared convenience meals can successfully improve risk factors for the metabolic syndrome and potentially reduces the risk for cardiovascular disease. DEX reduced waist circumference (-6.93 ± 4.51 vs. -3.08 ± 3.79 cm, $P < 0.001$) and glucose (-2.34 ± 10.05 vs. 2.48 ± 9.02 mg/dl, $P < 0.01$) to a greater degree than EO. However there were no difference in HDL, triglycerides or blood pressure.

ConAgra