

Lifestyle Intervention Improves Insulin Resistance

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1 Introduction

- Insulin resistance is a silent condition that increases the chances of developing diabetes and heart disease.
- High plasma levels of insulin and glucose due to insulin resistance often lead to the metabolic syndrome and type 2 diabetes and atherosclerosis.
- Accelerated atherosclerosis is a major burden of diabetes.

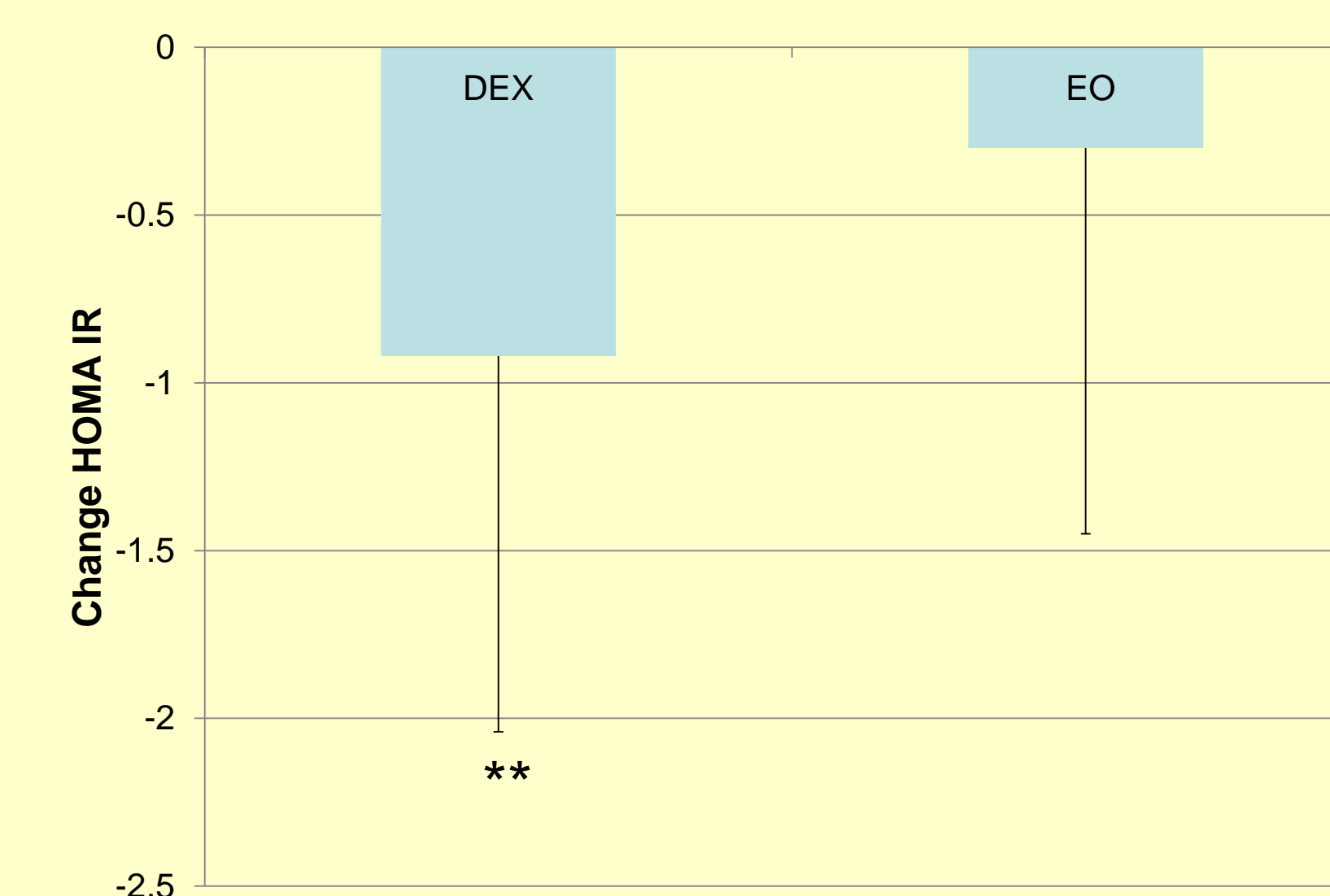
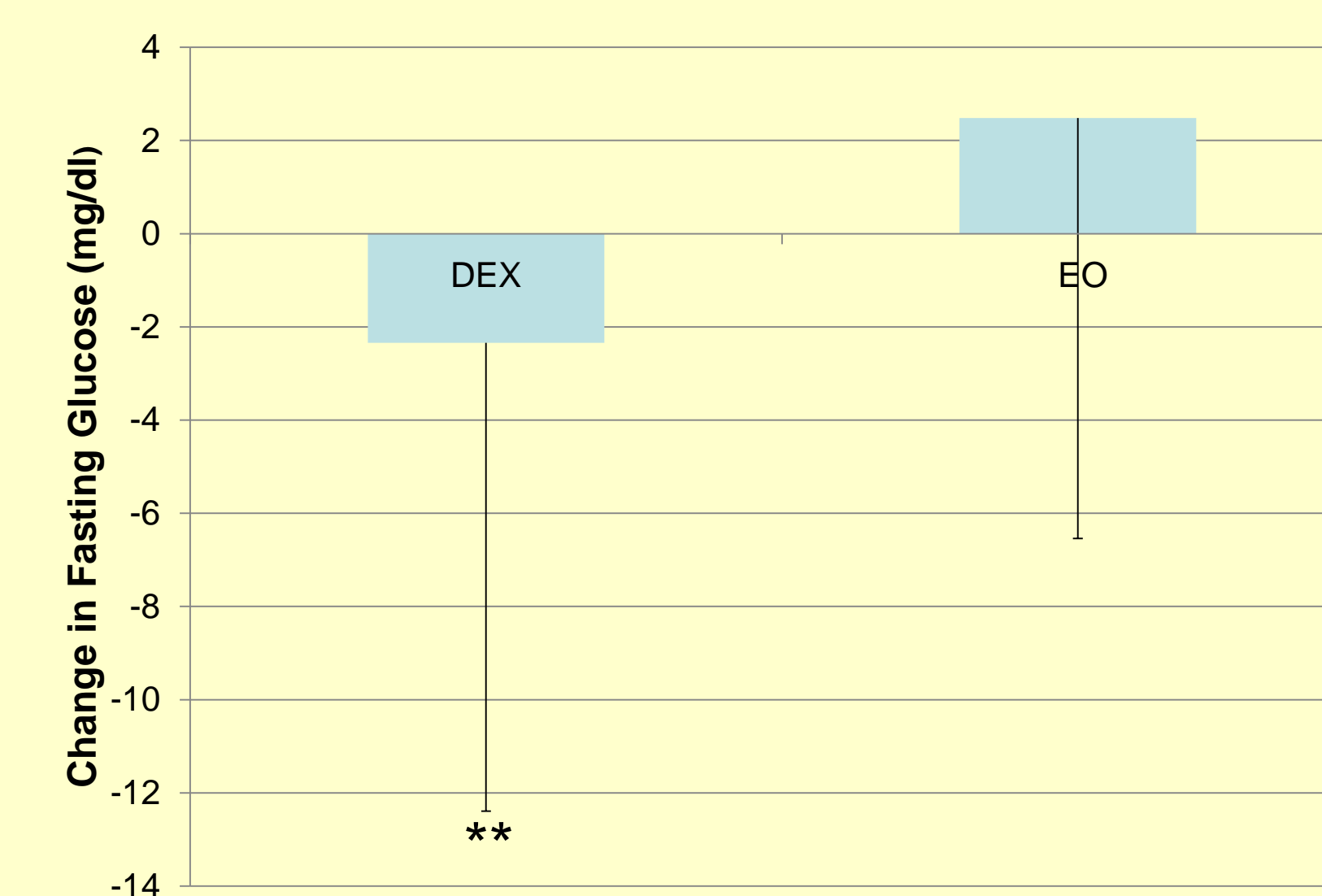
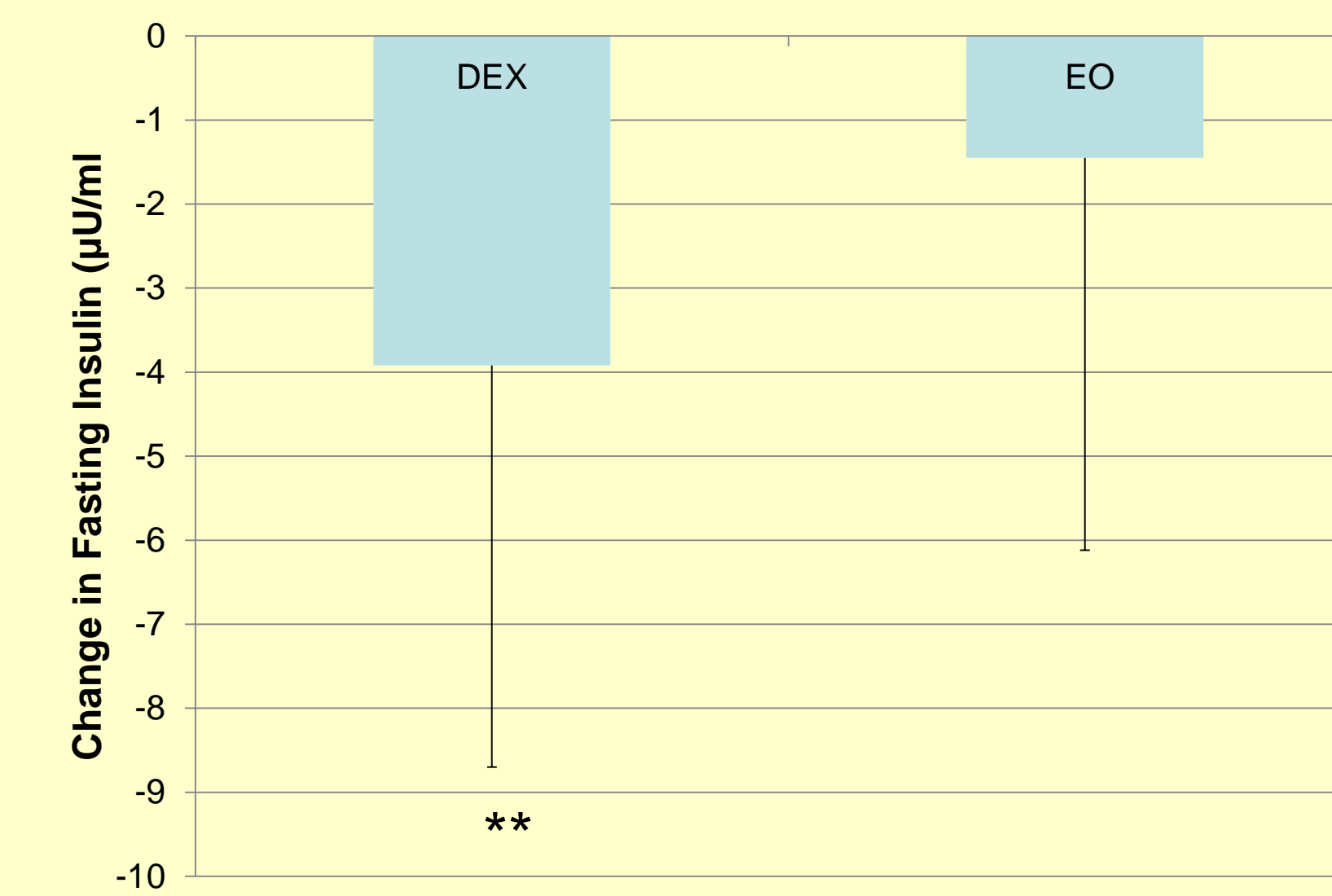
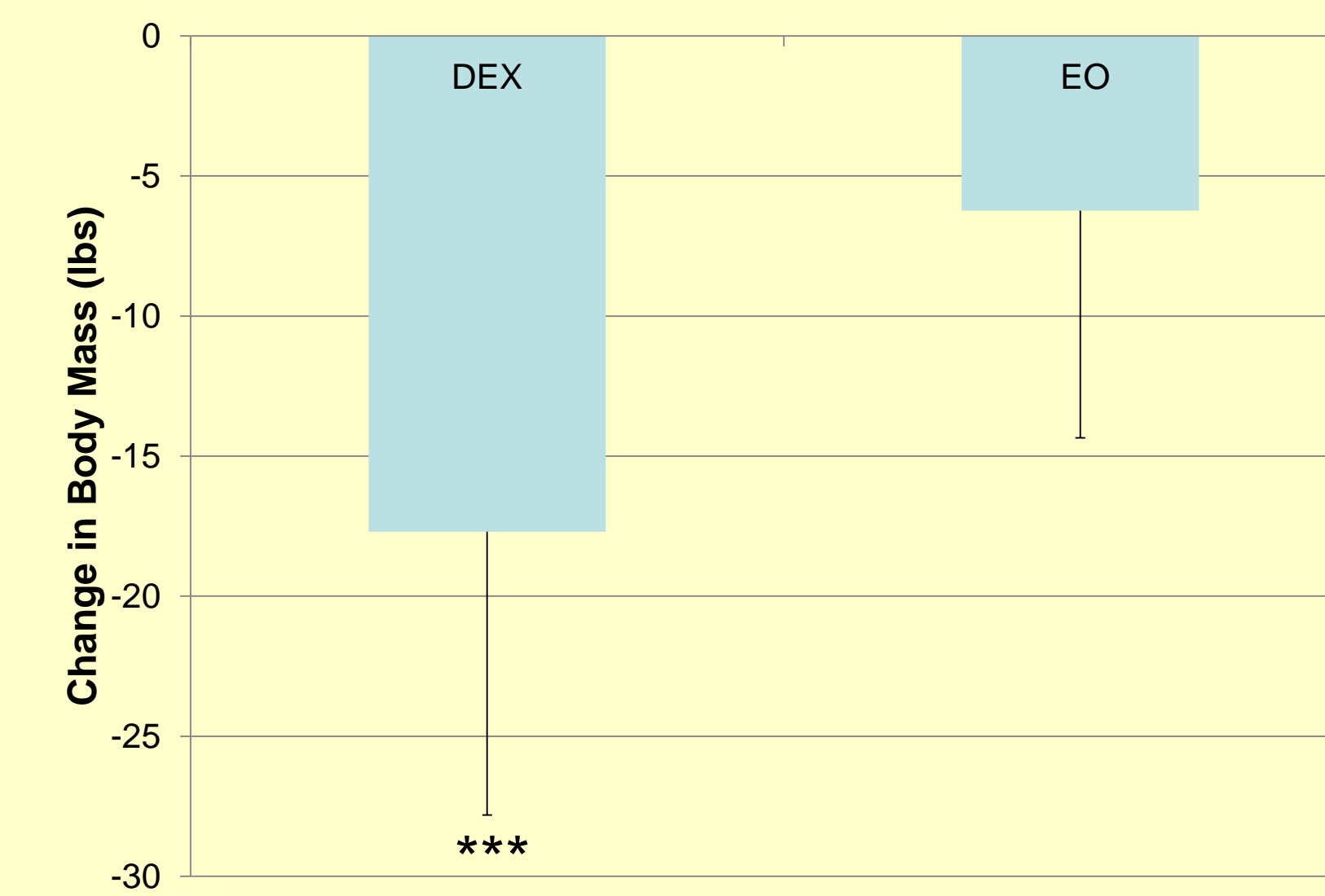
2 Purpose

- To examine the effects of a DASH-Style diet on clinical measures of insulin resistance in comparison to an exercise only control group.

3 Methods

- We examined the changes on body composition in 131 participants (BMI 22-40) for 24 weeks.
 - DASH-Style diet and exercise (DS; n=71)
 - Exercise only (EO, n=60)
- Both groups received an exercise prescription recommending a minimum of:
 - moderate physical activity
 - 15 minutes per session, progressing to 45 minutes
 - 3 days per week progressing to 4 days per week by week 12.
- They were provided support via once weekly meetings with an exercise physiologist for 12 weeks and biweekly thereafter.
- The DS group also followed a standardized dietary approach consisting of:
 - a reduced calorie eating pattern
 - Incorporation of one commercially prepared healthy frozen meal and one other selected grocery item each day
 - dietary counseling from a dietician once weekly for 12 weeks and biweekly thereafter.

4 Results



** different than EO, p<0.01
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5 Discussion & Conclusion

- These data suggest that a structured diet plan that incorporates prepared convenience meals and regular exercise can successfully reduce insulin resistance thus reducing the risk for diabetes and cardiovascular disease.

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