

# QUINCY COLLEGE

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## Healthy Summer Beach Body

*Quincy College Exercise Science Faculty publish leading fitness study focused on successful and sustainable weight loss and weight maintenance*

**SOCIAL MEDIA RELEASE (168 Characters):** Leading Quincy College fitness study published in *Journal of Clinical Exercise Physiology* highlights how to reduce fat and rebuild muscle without regaining body weight.

**Press Release Summary:** Quincy College Exercise Science researchers have published a ground-breaking health, fitness, and nutrition study that featured a highly successful weight loss program and a uniquely sustainable weight maintenance program. The research paper, "[Effects of Resistance Exercise and Protein on Body Composition Following Weight Loss](#)" in the July 2018 publication in the *Journal of Clinical Exercise Physiology*, an affiliate journal of the American College of Sports Medicine. The two part study - a six month weight loss study and nine month maintenance study sought to reduce fat and rebuild muscle without regaining body weight.

### **Quincy, MA and Plymouth, MA (7/9/2018):**

Low-calorie diet programs reduce muscle and metabolic rate, typically resulting in full weight regain following the diet period. In contrast, a new Quincy College study featured two weekly exercise sessions and optimal protein intake to prevent muscle loss, metabolic slowdown, and weight regain.

Dr. Wayne Westcott, Chair of the Quincy College Exercise Science Program, Rita La Rosa Loud, Director of the Quincy College Health & Fitness Center, and their research colleagues hypothesized that a sensible, three-fold approach to weight loss would be more successful than the typical low-calorie diet method.

## **Study Details**

During the 6-month weight loss program, participants on average experienced a 14-pound fat loss and a 4-pound muscle gain for an 18-pound improvement in their body composition and personal appearance.

Subsequent to the 6-month weight loss program, Quincy College researchers also conducted a 9-month weight maintenance program, participants continued to reduce fat and rebuild muscle without regaining body weight. This is the first study to achieve this highly beneficial health/fitness outcome.

" Major studies in the fitness industry have concluded that approximately twenty-five percent of weight loss through dieting is actually the loss of muscle. Dieting, therefore exacerbates two of the major factors responsible for fat gain the first place, namely muscle loss and metabolic rate reduction. While it makes sense to couple a diet plan with aerobic activity, research indicates that this actually increases muscle loss, " Dr. Wayne Westcott, Chair of the Exercise Science program at Quincy College.

To prevent muscle loss, metabolic slow-down, and weight regain, the Quincy College weight loss program incorporated a moderate calorie diet (up to 1,500 calories/day for women; up to 1,800 calories/day for men), two weekly exercise sessions (20 minutes of resistance training interspersed with 20 minutes of aerobic activity), and sufficient protein intake (approximately 0.6 grams per pound of body weight). The results exceeded the researchers' expectations, with concurrent fat loss (14 pounds) and muscle gain (4 pounds).

## **Study Outcome**

Almost 85% of the program participants completed the 6-month weight loss study which was attributed to a manageable exercise and nutrition plan.

The Quincy College research team also hypothesized that the combination of a sensible program of exercise and protein consumption would be effective for preventing weight regain following the diet period. Again, the results were better than anticipated. Throughout the weight maintenance period, the study participants continued to lose fat and gain muscle without increasing their body weight. Nine months after discontinuing the diet, the study participants weighed the same, but had less fat and more muscle for improved body composition, personal health, and physical appearance.

Again, due to a manageable exercise and nutrition plan, almost 85% of the program participants completed the 9-month weight maintenance study.

Westcott elaborates:

" The three key factors for successful weight loss and weight maintenance along with desirable body composition changes are: one, reasonable reduction in food intake; two, twice a week

program of resistance and aerobic exercise; and three: sufficient protein consumption. The Quincy College study highlighted that these sensible lifestyle changes are effective for attaining a healthy body weight, as well as for reversing the progressive muscle loss and fat gain that accompany the aging process."

For more information about Quincy College's Exercise Science and Personal Training programs, please visit: <https://quincycollege.edu/program/exercise-sciencepersonal-training/>

For more information about Quincy College's Health & Fitness Center, please visit: <https://quincycollege.edu/program/custom-wellness-adult-fitness-program/>

For more information on Quincy College faculty publications, research, and accomplishments, visit: [quincycollege.edu/facultyfocus](https://quincycollege.edu/facultyfocus).

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## ABOUT QUINCY COLLEGE

Founded in 1958, Quincy College is a two-year, municipally affiliated community college serving approximately 4,500 students at campuses located in Quincy and Plymouth, Massachusetts. Quincy College is an open access institution that encourages academic achievement and excellence, diversity, economic opportunity, community involvement, and lifelong learning. The College facilitates valuable learning relationships that inspire students to realize their educational and professional futures. The college offers 35 associate degree programs and 24 certificate programs in a variety of disciplines, including those within Professional Programs, Liberal Arts, and Natural & Health Sciences. The college is accredited by the New England Association of Schools and Colleges, and is licensed by the Massachusetts Board of Higher Education to grant the degrees of Associate in Arts and Associate in Science. As "The College of the South Shore", Quincy College draws a diversity of students from the greater metro Boston area, South Shore, Cape and the Islands, as well as 121 countries around the world. For additional information, visit [www.quincycollege.edu](http://www.quincycollege.edu).