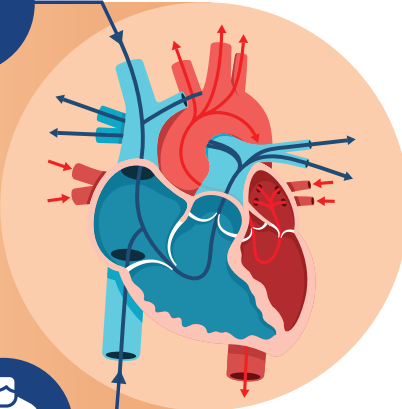


“Look AHEAD”: Effect of Cardiovascular Disease History or Abnormal Exercise Test on Weight Loss/Fitness



Obesity & type 2 diabetes are associated with increased risk of cardiovascular disease (CVD)



Weight loss and increased physical exercise reduce CVD risk



Look AHEAD study cohort (ClinicalTrials.gov, NCT00017953)

Obese/overweight/type 2 diabetes
N = 5045



Baseline abnormal GXT + CVD history



Intensive lifestyle intervention (ILI)

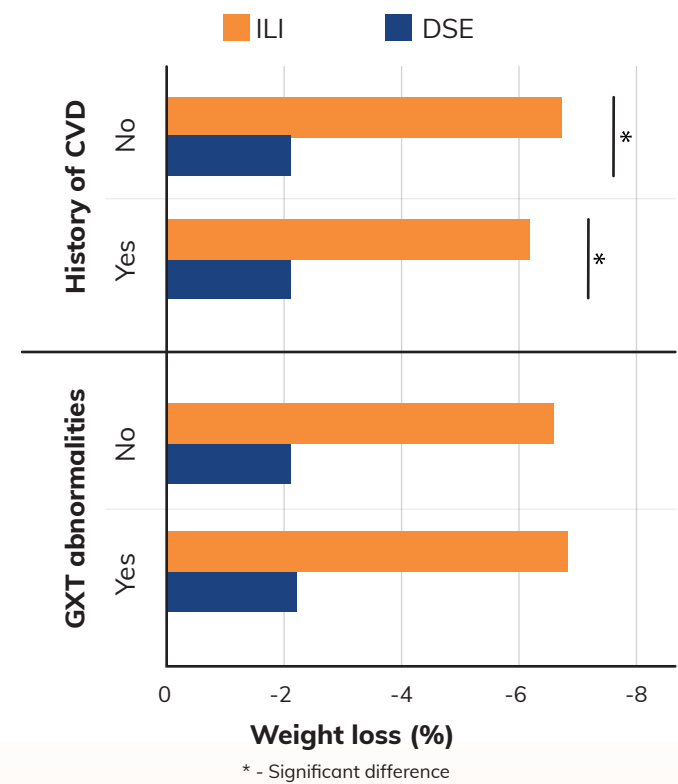


Diabetes support and education (DSE)

8 years



Cardiovascular events?



History of CVD moderately hampered weight loss, but abnormal baseline GXT did not affect weight loss
These findings were reflected in fitness changes as well



Does an abnormal graded exercise tolerance test (GXT) or CVD history affect how easily adults with obesity or type 2 diabetes are able to lose weight?

Desired weight loss and improved fitness are achievable regardless of CVD history

Abnormal Exercise Test or CVD History on Weight Loss or Fitness: The Look AHEAD Trial

Jakicic et al. (2020) | *Translational Journal of the ACSM*
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