

Find out the gender difference in the effectiveness of nutrition and complete lifestyle modification package on overweight adult people

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■ **ABSTRACT** : Worldwide, approximately 1.5 billion adults are overweight, including approximately 500 million who are obese . By gender, it has been reported that 19% of males and 22% of females are obese. This study was conducted to find out the gender difference in the effectiveness of nutrition and complete lifestyle modification package on overweight adult people. 180 Overweight participants (90 male and 90 female) in the age group of 30-40 year attending a private weight control clinic enrolled in a 12 month programme Aimed find out the gender difference in the the effectiveness of combined nutrition and complete lifestyle modification package (NCLMP) on overweight adult people In NCLMP we combined electronic Devices, diet and physical exercise programs with at least 12 months of follow-up, conducted in overweight and obese adults (body mass index ≥ 25). Results revealed that effect of electronic devices, physical exercise and nutritionally balanced weight loss diet on body composition of males were showed body Fat (%) before intervention was 31.10 ± 3.2 and after intervention 29.26 ± 4 and decrease after intervention -1.84 . Effect of electronic devices, physical exercise and nutritionally balanced weight loss diet intervention on body composition of females were found body Fat (%) before intervention was 33.83 ± 4.6 and after intervention 32.2 ± 4.5 and decrease after intervention -1.59 .

■ **KEY WORDS**: Adult, Overweight, Body mass index (BMI), Waist hip ratio (WHR), Balanced diet, Nutritional status

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