The Department of Nutritional Sciences
Fall 2018 Seminar Series

Guest Speaker:

Kristen M Beavers, PhD, MPH, RD
Assistant Professor, Health and Exercise Science
Wake Forest University

“Effect of exercise modality during weight loss on bone loss in older obese adults”

Host: Sue Shapses, PhD, RD
The Department of Nutritional Sciences, Rutgers University

Wednesday, October 24, 2018, 2:30 PM
Food Science and Nutritional Sciences Building,
65 Dudley Road, Conference Room 120

The prevalence of obesity and its detrimental health effects are increasing rapidly among older adults. Medical complications associated with excess fat mass highlight the need to treat obesity in this age group; yet, weight loss recommendation remains controversial due to weight loss associated bone loss and potential exacerbation of age-related risk of osteoporotic fracture. This presentation will provide an overview of the evidence in support of aerobic and/or resistance exercise training as countermeasures to weight loss-associated bone loss, as well as discussion of future bone-sparing intervention strategies.