

ECU Media Release

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Is your child resistant to exercise?

A revolutionary exercise program, 'Weight Training for Overweight Kids', will be launched at Edith Cowan University's (ECU) Joondalup Campus on 23 April.

The program has been established in response to the successful results from a similar study carried out by ECU researchers late last year.

Dr Mike McGuigan and Professor Rob Newton from ECU's Vario Health Institute used a Telstra Foundation Research Grant to investigate resistance training and weight loss in overweight children.

The results were so significant they decided to set up a fee-based community program, open to all overweight children.

"What we found from the study last year was that an eight-week resistance training program, which includes the use of bodyweight and external resistance, offers an effective alternative to other types of exercise that are not tolerated as well by overweight children," Dr McGuigan said.

Results from the study indicated that body fat decreased in each participant by an average of 2.6 per cent; while their strength levels increased more than 200 per cent.

Dr Mike McGuigan, said that, in his experience, overweight children enjoyed resistance exercise and tolerated it better than traditional running based activities.

"Due to their larger body mass, these children are typically stronger than their peers and therefore get positive feedback from this type of exercise," he said.

"This helps to improve their self-esteem, as well as reducing the possibility of them ending up with type II diabetes."

For further details on the program, please contact Catherine Bell on 6304 5887 or email c.bell@ecu.edu.au

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