



ADVICE



Losing Weight Properly?

By Alan C. Utter Ph.D., M.P.H., FACSM

Associate Professor of Health and Exercise Science, Appalachian State University

In the last issue of *Wrestling USA*, I discussed that if a wrestler is going to lose weight based upon the results of a body composition analysis, they should go about it by losing the weight

gradually, i.e. (1.5% of body weight or 1-2 pounds per week). In this issue I would like to review the basics of slow and gradual weight loss, which will result in decreasing body fat, maintaining lean body

mass (muscle mass) and strength, and ultimately improved performance.

The amount of calories each wrestler needs is quite variable depending upon their body weight and energy expenditure