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The skinny on fat loss: An approach to weight management based on current research

Success of fitness professionals can be impacted by their ability to properly advise clients on dietary methods for healthy body composition. Recent research has shed new light on the efficacy on a previously proposed weight management regimen and on a new dietary concept, both of which point health/fitness specialists in a similar direction. This presentation will describe the historical and scientific framework of fat loss strategies over the past 70 years and highlight successes and failures therein. A weight loss strategy that appears to have had consistent success will be evaluated, along with recent work in the field. Further, a new concept of weight management will be explained, which will assist in the understanding of the most current research. A theory combining these two ideas and methodologies will be presented. The result will be a new strategy enabling health/fitness professionals to engage clients desiring a reduction in body fat with yet another weight management tool with which to work.

Biography

Robert LeFavi is a PhD holder, is Chairman, Department of Health Sciences, Armstrong State University, Savannah, GA, where he also serves as Professor of Sports Medicine. He has written over 30 scientific articles, made 50 national and international scientific presentations, has authored over 700 articles in the popular press and has been an at-large Science Editor for two international fitness magazines. He is a certified strength and Conditioning Specialist (CSCS) and national coach for USA weightlifting, has been quoted as an expert in *The New York Times*, *Washington Post*, *San Francisco Chronicle* and has appeared on CNN and ESPN.

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