

**Table 10. Primary factors influencing exercise-generated weight loss and exercise training lipid/lipoprotein response (Adapted from)<sup>1</sup>**

**Exercise-Generated Weight Loss**

- Daily energy balance
- Dietary compensation, energy conservation
- Energy expenditure of physical activity
  - Mode of exercise
  - Intensity and duration of exercise
  - Exercise economy
  - Postexercise metabolism
- Changes in lean muscle protein and total body water
- Metabolic phenotype and genotype no. of type I muscle fibers, perilipin haplotype)
- Gender

**Exercise Training Lipid/Lipoprotein Response**

- Total calories expended
- Length Of training period (eg, 1 month, 6 months, 18 months)
- Corresponding body fat loss
- Corresponding dietary changes
- Concomitant alcohol intake
- Baseline lipid values
- Plasma volume changes
- Menopausal status
- Race/Ethnicity
- Genetic factors (eg, lipoprotein lipase, apo CII & CIII, apolipoprotein E isoforms)
- Biologic variation (seasonal and diurnal changes)

<sup>1</sup>Bays HE, Toth PP, Kris-Etherton PM, et al. Obesity, adiposity, and dyslipidemia: A consensus statement from the National Lipid Association. *Journal of clinical lipidology*. 2013;7:304-383.