

Obesity is a major risk factor for degenerative diseases, and a cultural emphasis on leanness for both health and cosmetic reasons causes us to spend billions of dollars annually in often misguided attempts to reduce body fat. For many athletes, especially those who compete in endurance events or in events such as gymnastics or ballet in which most judges place a high priority on leanness, control of body fat is absolutely critical to success. CONTENTS: 1) Exercise, Macronutrient Balance, and Weight Control, C.L. Melby; 2) Assessment of Body Composition and Energy Balance, T. Lohman, S. Going; 3) Body Fat Distribution, Exercise and Nutrition-Implications for Prevention of Atherogenic Dyslipidemia, Coronary Heart Disease, and Non-Insulin Dependent Diabetes Mellitus, J. Despres; 4) Exercise and Eating Disorders, L. Houtkooper; 5) Changing Body Weight and Composition in Athletes, JU. Walberg-Rankin, 6) Body Composition and Weight Control in Older Adults, M.A. Fiatarone-Singh; 7) Exercise, Body Composition, and Health in Children, B. Gutin, M. Humphries; 8) Dietary Supplements and Pharmaceutical Agents in Weight Loss and Gain, P.M. Clarkson.

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