

Re: For Luna – Exercise And Weight Control/Maintenance

Source: <http://sci.tech–archive.net/Archive/sci.med.cardiology/2004–12/2125.html>

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Date: 12/17/04

Date: Fri, 17 Dec 2004 11:11:40 -0800

"MU" <munospam@fastmail.fm> wrote in message
news:8ubmchapv0kr\$.17xsbk0jeo0sa.dlg@40tude.net...

- > *In our modern, technology–driven age, an ever increasing*
- > *number of labor–saving conveniences and gadgets*
- > *contribute to the reduction in average daily energy*
- > *expenditure that favors the development of obesity.*
- >
- > *Although physical activity and exercise are factors in*
- > *successful weight reduction programs, the contribution*
- > *of exercise to weight loss is modest at best. For example,*
- > *approximately 40 miles of walking is required to metabolize*
- > *1 kg of fat. The effect of exercise on weight loss is*
- > *variable, but most studies I have been shown, interpreted*
- > *by researches themselves, only a small reduction*
- > *(;2 kg)and some show no benefit at all.*

Dietary modifications are clearly a required component for successful weight loss. But, so is physical activity for most people. The National Weight Control Registry (<http://www.uchsc.edu/nutrition/WyattJortberg/nwcr.htm>) has studied successful "losers" – their database contains information on the habits of more than 3000 Americans who have, on average, lost 60 lbs and kept it off 6 years.

Based on their studies, they have identified four behaviors common to successful weight loss. Specifically:

- 1) They eat a low–calorie, low–fat diet
- 2) they monitor themselves by weighing in frequently
- 3) they are very physically active
- 4) and they eat breakfast.

See http://www.fda.gov/fdac/features/2002/102_fat.html

So, while exercise may not be required for weight loss, it is clearly an important behavior to adopt if one wishes to be successful with weight loss and maintenance over longer time frames.

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GG

<http://www.WeightWare.com>

Your Weight and Health Diary

> Furthermore, most studies show that weight loss induced
> by exercise alone is inferior to that achieved by diet
> alone. However, exercise is probably independently
> important to the well-being of overweight and
> obese individuals because physical activity increases maximal
> oxygen uptake and thus cardiorespiratory fitness.
>
> Moreover, maintenance of weight loss is
> facilitated by regular exercise. Unfortunately, the unrealistic
> expectations of weight loss from exercise regimens
> that are promoted by many commercial enterprises
> may lead to disappointment and discontinuation of exercise.
>
> Development of a consistently achievable exercise
> program for each overweight patient is essential. Although
> it is difficult, even the most obese patients may
> be able to participate in some form of appropriately
> designed physical activity. To point, exercise is always preferential but
> due to the fact that regular exercise may be both difficult, expensive and
> time consuming, most Americans achieve weight loss/control without it.
>
> Let's not forget that the greatest value of aerobic (O₂ dependent)
exercise
> is for the health of the cardiorespiratory system. Anaerobic strength
> training enhances functionality of movement (if properly designed)
> especially as a person gets older and creates/keeps certain abilities that
> will be useful in remaining self-determining and maintaining.