

Re: For Luna – Exercise And Weight Control/Maintenance

Source: <http://sci.tech–archive.net/Archive/sci.med.cardiology/2004–12/2139.html>

From: Roger Zoul (rogerzoul2_at_hotmail.com)

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Date: Fri, 17 Dec 2004 15:13:11 -0500

GaryG wrote:

|| "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
||

That's probably due to their bias, though.

|| 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.

||

|| --

|| GG

|| <http://www.WeightWare.com>

|| Your Weight and Health Diary

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||| 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, mainten