

Re: More Exercise Not Enough to Cut Weight

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- *From:* JT@xxxxxxxxxxxx
 - *Date:* Fri, 06 Oct 2006 23:33:09 GMT
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On 6 Oct 2006 07:47:30 -0700, "TC" <tunderbar@xxxxxxxxxxxx> wrote:

<http://www.bloomberg.com/apps/news?pid=20601102&sid=aLAPybnm57bo&refer=uk>

More Exercise Not Enough to Cut Youngsters' Weight, Study Finds

By Frances Schwartzkopff

Oct. 6 (Bloomberg) — Special exercise classes for children in day care won't alone prevent obesity, and changes in diet and behaviour, including those of parents, probably are needed, according to a study in today's British Medical Journal.

The research found little change in the body mass index of 231 4-year-olds after they had participated in 30-minute exercise classes three times a week for six months. Parents also received educational material. Body mass index, which is calculated from a person's weight and height, is an indirect method for measuring body fat.

“Successful interventions to prevent obesity in early childhood may require changes not just at nursery, school and home but in the wider environment,” the study's authors concluded. “Further research is needed to identify successful and sustainable interventions for prevention of obesity and promotion of physical activity in young children.”

The number of overweight and obese children is growing worldwide, and so too are their health problems, experts say. Overweight children face a variety of issues, including high blood pressure, high cholesterol and high insulin levels. These can follow them into adulthood, leading to heart disease and diabetes. The World Health Organization estimates at least 20 million children under the age of 5 are overweight, and more than 1.6 billion adults.

“It's crucial to encourage good exercise habits from an early age,” said Mike Knapton, director of Prevention and Care at the British Heart Foundation in a prepared statement. “What this study does reinforce is that we need to try and get the whole package right from the earliest

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years, not just one lifestyle aspect."

The study found the classes improved the children's motor skills. This, the study said, "might foster an increase in activity levels in the future by increasing confidence or ability or both, in children to carry out physical activity and may have direct effects on body fat content in the long term."

The lack of change in the children's body mass may have resulted from the exercise classes being an "inadequate dose" of activity, and from the fact that a variety of factors affect body mass, the study said. It also said more parent involvement might have reduced the children's weight.

The study involved children at 36 day care centers in Glasgow, Scotland, of whom 250 were in a control group that didn't have special exercise classes. Sixty-two percent of those in the exercise classes were overweight, and 61 percent in the control group were overweight.

What does this say about all the experts who insist that the main reason for obesity in the first place is lack of exercise?

Its part of the reason

The problem is in the massive amounts of refined carbs in the diet.

I have been on that diet before a long time ago where that's all I hate and I was never thinner. Now that I eat a healthier diet of whole grains, fruit, nuts etc I have gained a little weight but still have a BMI of 20. However when I go on vacation and don't exercise and eat a lot of red meat, dairy, etc I quickly gain 10 or 15 pounds and then lose it when I go back to a healthier diet and lifestyle.

If exercise is the answer, then it would have to be constant day-long, every day physical exertion and not just casual exercise.

About 7 miles or 40 minutes 3 or 4 times a week. Has to be running though, biking takes too long to get any benefit and walking/gardening diddling around in the backyard does nothing. Running and also builds bone density in response to your other stupid post. Lack of exercise has more impact on bone density than drinking pop as does eating lots of red meat and pissing all that protein and calcium out.

Re: More Exercise Not Enough to Cut Weight

Would it not be easier to just cut the carbs in the first place?

TC

Yeah wouldn't life be much simpler and easier if we could just blame all disease on carbs.

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