





Diet vs Exercise for Weight Loss

Many people stress the importance of eating less and moving more in order to lose weight. However, it is often relatively easier to reduce energy intake, compared to increasing energy expenditure. The evidence reviewed here largely supports this notion and implies that dieting may be a better standalone strategy.



What Does the Research Show?

To address the question of which is more effective for weight loss (diet or exercise), research often distinguishes between three strategies:

-  Diet-only weight loss strategies which restrict caloric intake.
-  Exercise-only weight loss strategies which increase energy expenditure through physical activity.
-  +  Combined approaches which incorporate both diet and exercise.

An early meta-analysis (a study of studies) compared the first two strategies and found that a diet-only approach was generally more effective than an exercise-only approach.^[1] A later review, which looked at all three strategies, found that a combined approach was more effective than an exercise-only approach in both the short term (3-6 months) and long term (12-18 months).^[2] On the other hand, a combined approach was only more effective than a diet-only strategy after 12 months (no difference in the short term).



Lastly, a review looking at 910 women (across 14 studies) with excess weight in the months after childbirth, found that the women who only exercised did not lose more weight than those assigned to usual care (where usual care varied by study).^[3] Whereas, those who took part in a diet, as well as those who combined diet and exercise, lost significantly more weight, with no difference between these two approaches.



Taken as a whole, the evidence suggests that a diet-only strategy is more effective than an exercise-only strategy for weight loss, but a combined approach may be best long-term.

Is Exercise Effective for Weight Loss?

It has been argued that exercise-only approaches are less effective than diet-only strategies because increasing activity levels leads to behaviours which offset the increase in energy expenditure, such as a compensatory slowing down after exercise, or a subsequent increase in caloric intake.^[4] Nevertheless, a recent review of 149 studies found that exercise (regardless of format) leads to small, but significant weight loss, and that resistance training minimises the reductions in lean body mass which may occur alongside.^[5]



It is important to note that exercise has a profound range of health benefits besides its impact on weight loss. Crucially, exercise reduces the amount of weight loss from fat-free mass when undergoing energy restriction, meaning that the lost weight is mostly coming

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Camilla Rothe



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