





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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M Carnoy



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Table of Contents Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

1. Understanding the eBook Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - The Rise of Digital Reading Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - Personalized Recommendations
 - Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research User Reviews and Ratings
 - Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research and Bestseller Lists
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- ePub, PDF, MOBI, and More
- Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research Compatibility with Devices
- Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research Enhanced eBook Features

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- Adjustable Fonts and Text Sizes of Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
- Highlighting and Note-Taking Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
- Interactive Elements Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

8. Staying Engaged with Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

9. Balancing eBooks and Physical Books Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research

- Setting Reading Goals Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - Fact-Checking eBook Content of Weight Loss Exercise And Health Research Weight Loss Exercise And Health Research
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
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