

## EXERCISE OR DIET BETTER FOR WEIGHT LOSS

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"Yes, you can lose weight with diet alone, but exercise is an important component. Without it, only a portion of your weight loss is from fat -- you're also stripping away muscle and bone density.

[Exercise vs. Diet: Which Is More Important for Weight Loss?](#)

While the exercise group were instructed to exercise 5 times a week for 45 minutes, what they actually did was exercise for an average of 3.6 days each week. Total exercise time averaged 178.5

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There's this nasty rumor that exercise won't help you lose weight. The more you work out, the more you'll eat because, well, you need to rebuild those muscles you just broke down.

[Exercise Vs Diet - Which Is Better For Weight Loss](#)

The popularly believed ratio between exercise and diet for weight loss is - 70 percent diet 30 percent exercise. This ratio may vary based on individual body types, weight loss requirements, and current weight. A good exercise regime will help you tone the muscle mass and a good diet plan will help you burn unwanted fat and calories.

[Diet vs. Exercise: The Truth About Weight Loss - WebMD](#)

Diet vs. Exercise: The Truth About Weight Loss . From the WebMD Archives. By Alia Hoyt. I admit it: I was once one of those women for whom post-pregnancy weight loss was relatively quick and

[Diet Vs Exercise: Which Matters More For Weight Loss ...](#)

This "diet vs exercise" article offers advice for what really works for long-term weight control. My brother Joe, a 56-year-old physical therapist from Southern California, can't resist steering into a fast food drive-thru at least three times a week.

[What's Best for Your Health Goals: Diet or Exercise ...](#)

Focus on diet: It's clear that you need to restrict calories in your diet to lose weight and exercise to keep it off, says Tim Church, M.D., the director of preventive medicine research at Louisiana State University, in Baton Rouge. Most people who exercise to lose weight and don't restrict calories shed only 2 to 3 percent of their weight over 6 to 12 months, says Church. The reason? It's much easier to deny yourself 500 calories a day the amount you typically need to

[Is Weight Loss Really 80 Percent Diet and 20 Percent](#)

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A combination of diet and exercise is best at any stage of weight loss, says Mathenny. Exercise should be a mix of strength training and cardiovascular training, not just cardio. Both

[Diet vs. Exercise for Weight Loss | NutritionFacts.org](#)

Thanks for the information on diet vs. exercise for weight loss. I feel that a lot of weight loss programs allow for a lot of unhealthy calories thinking that you can undo the harm with exercise. I feel like the only way to have permanent weight loss is a diet predominantly of plant foods. I've set up a website trying to teach people the health benefits of a plant centered diet.

[diet or exercise is the key to weight loss. - Reader's Digest](#)

While adding exercise to a healthier diet doesn't lead to additional weight loss in the first six months of a program, those who both diet and exercise have better long-term results over a year.

[Research Review: Diet vs. exercise for weight loss ...](#)

An exercise-only group signed up at a fitness centre with an exercise program. Here's the link to to the full study: [Comparison of a Commercial Weight Loss Program to a Fitness Center .](#)