

Diet vs Exercise: Fact or Fiction?

Take this true/false quiz to test your knowledge.

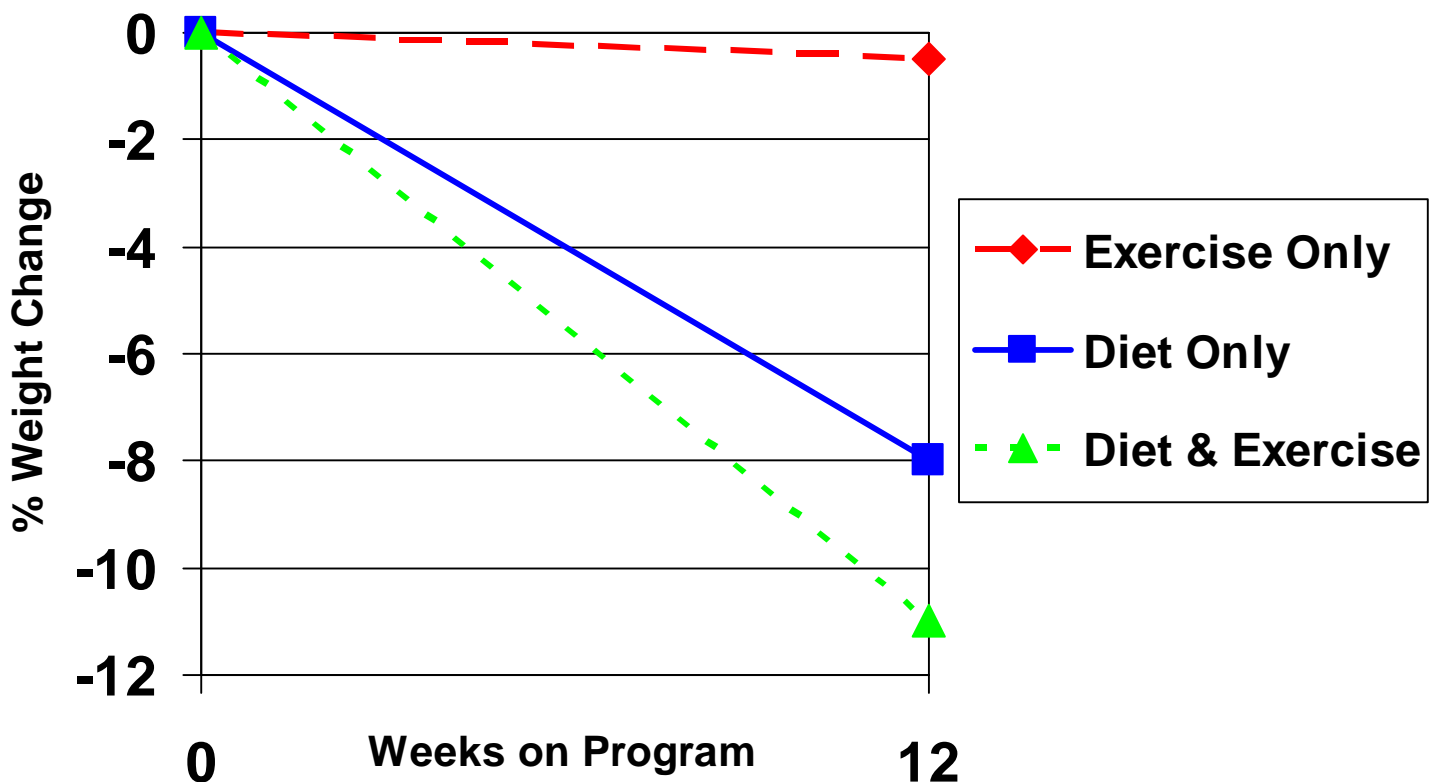
Questions:

1. Exercise is just as important as diet when trying to **lose** weight. T/F
2. Exercise is more important than diet when trying to **maintain** weight loss. T/F
3. Strength training greatly increases your resting metabolic rate. T/F
4. You would need to run a marathon to burn 1 pound of fat. T/F

Question #1 — False

This classic study from Hagan et al. clearly shows that the most successful weight loss program involves diet and exercise. Exercise alone doesn't cut it!

Percent Weight Change in Men on 3 Different Programs Over 12 Weeks



Question #2— True

Exercise is most important for weight maintenance. The National Weight Control Registry has shown that individuals who have successfully maintained weight loss for at least 1 year are exercising a lot—about 2700 calories worth a week.

Question #3— False

The latest data does not support the claim that strength training increases metabolic rate substantially in most people. Strength training is still important—just don't expect that you will “burn more calories” throughout the day as previously thought.

Question #4— True

The average person burns about 100 – 125 calories when running 1 mile; therefore, about 2600 – 3300 calories are burned during a marathon. Surprisingly, it takes about 3500 calories of exercise to lose 1 pound.

Courtesy of Michael Leidig, RD, LDN

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