

# Hour of exercise keeps weight off

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## Registry reveals success in walking

Dieters who lose weight and keep it off typically exercise for at least an hour a day, far more than the federal guideline that recommends exercising at least 30 minutes to improve overall health, says research being presented today.

The amount of exercise needed for weight loss and maintenance is being discussed at the North American Association for the Study of Obesity annual meeting in Charleston, S.C.

Researchers at the University of Pittsburgh School of Medicine and University of Col-

orado Health Sciences Center in Denver have compiled a National Weight Control Registry of people who've lost and kept off weight. Experts have analyzed detailed questionnaires from 2,800 people (80% women), who've lost an average of 65 pounds and kept at least 30 pounds off for 5½ years.

Among the findings so far:

► People who've lost weight and kept it off burn an average of 2,800 calories a week with exercise — about 400 calories daily. (The average person burns about 100 calories every

mile he or she walks.)

► On average, participants burn about 1,000 calories a week by walking.

► They burn 1,800 calories with a combination of activities, including aerobics, strength training and biking.

"Members of the registry increased their exercise gradually over time until exercise had become an important part of their lives," says Rena Wing, co-founder of the registry and professor of psychiatry at the University of Pittsburgh School of Medicine.

A separate study of 140 exercisers, mostly walkers, showed that those who maintained weight loss averaged 280 minutes of exercise a week, or 56 minutes five days a week.

Some exercised in 10-minute increments; others did it all at once, says author John Jakicic, assistant professor at Brown University School of Medicine.

"Even moderate levels of exercise are beneficial for health," Jakicic says. But "if weight is an issue, you need to gradually progress to this level. If you do, you have a much better chance of being successful at maintaining your weight loss."