

[IMAGE]

## Need to lose weight? Go For A Run

When it comes to outdoor exercises, both walking and running come to mind. But, which of the two is best when it comes to seeing weight loss results? According to new research, running wins.

Researchers at the Lawrence Berkeley National Laboratory compared weight loss and weight control in thousands of runners and walkers over a period of six years. What they found was that the same amount of exercise in adults with a body mass index over 28 (deemed overweight) resulted in 90 percent greater weight loss for runners compared to walkers.

The study evaluated changes in body mass index (BMI) of more than 32,000 runners and more than 15,000 walkers. (BMI is a calculation of body fat based on height and weight). All enrolled between 1998 and 2001.

running - Copyright © Stock Photo / Register Mark Participants reported their height and weight for the preceding five years. They also supplied their waist size and information on their workouts, including miles run or walked, the frequency, pace, and any other exercise they did. At the start, the runners also had a lower BMI. Male runners' average BMI was 24; women's was 22. Male walkers' average BMI was 27; women's, 25. A BMI of 25 is the low end of overweight.

After the six-year follow-up, both groups lost weight. But the male runners and the heavier female runners had better results.

Always remember that in order for an exercise regimen to be successful, you also need to focus on [both] diet and physical activity. So, strap on your running shoes and head for the track to start losing some pounds.

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