

**Table 1. Summary of Diet versus Exercise Weight Management Studies**

<i>Author</i>	<i>Treatment</i>	<i>Duration of trial</i>	<i>Energy Deficit (kal/day)</i>	<i>Change in BW (kg)</i>	<i>Change in BF (kg)</i>
<i>Stefanick et al.</i>	1 year				
	Women	Diet	220	-2.7	Not measured
		Exercise	150	-2.8	
	Men	Diet	285	-2.8	
	Exercise	260	-1.6		
<i>Hagan et Al</i>	12 weeks				
	Women	Diet	945	-5.5	-4.9
		Exercise	190	-1.6	-1.2
	Men	Diet	1705	-8.4	-5.9
	Exercise	255	-1.3	-0.2	
<i>Ross et al</i>	12 weeks				
	Men	Diet	700	-7.4	-4.8
		Exercise	700	-7.5	-6.1
<i>Sopko et al</i>	12 weeks				
	Men	Diet	500	-6.1	-6.6
		Exercise	500	-6.2	-7.7

(Adapted from Ross, Freeman & Janssen, 2000.)