

TABLE III-2:

WEIGHT REDUCTION BY DIET PLUS PHYSICAL ACTIVITY OR PHYSICAL ACTIVITY ALONE						
Study	N, Sex, and Duration	Weight Loss	Percentage Change			
			TC	TG	LDL-C	HDL-C
Hellenius <sup>365</sup>	Diet+physical activity 39M experimental 39M control 6 month	BMI -4	-5	-12	-4	-1
	Physical activity only 39M experimental 39M control 6 months	BMI -2	0	-11	0	+2
King <sup>401</sup>	Physical activity only 40M high intensity group 41M control 12 months	BMI -1	—	-6	+2	-1
	Physical activity only 42M high intensity home 41M control 12 months	BMI -1	—	0	-1	+1
	Physical activity only 45M low intensity 41M control 12 months	BMI -4	—	-14	0	+3
	Physical activity only 34F high intensity group 34F control 12 months	BMI +2	—	+1	-4	+1
	Physical activity only 35F high intensity home 34F control 12 months	BMI 0	—	-2	+3	0
	Physical activity only 29F low intensity 34F control 12 months	BMI -2	—	+4	+3	0

TC= Total Cholesterol

TG= Triglycerides

BMI= Body Mass Index

LDL-C= Low-Density Lipoprotein Cholesterol

HDL-C= High-Density Lipoprotein Cholesterol

**WEIGHT REDUCTION BY DIET PLUS PHYSICAL ACTIVITY OR PHYSICAL ACTIVITY ALONE (CONTINUED)**

Study	N, Sex, and Duration	Weight Loss	Percentage Change			
			TC	TG	LDL-C	HDL-C
Nilsson <sup>403</sup>	Diet+physical activity 30 (24M/6F) experimental 29 (22M/7F) control 12 months	BMI -2	-3	-4	-3	-1
Ronnemaa <sup>404</sup>	Physical activity only 13 (8M/5F) experimental 12 (7M/5F) control 4 months	-3	-6	-3	-5	+2
Schuler <sup>405</sup>	Diet+physical activity 56M experimental 57M control 12 months	-5	-10	-7	-10	+3
Svendensen <sup>384</sup>	Diet+physical activity 48F experimental 20F control 12 weeks	-14	-17	-35	-26	0
Wood <sup>380</sup>	Diet+physical activity 39M experimental 40M control 12 months	-11	-4	-46	-2	+17
	Diet+physical activity 42F experimental 39F control 12 months	-9	-5	-18	-8	+5

TC= Total Cholesterol

TG= Triglycerides

BMI= Body Mass Index

LDL-C= Low-Density Lipoprotein Cholesterol

HDL-C= High-Density Lipoprotein Cholesterol