

Physical Activity (PA):

Threshold Therapeutic Level for

Weight Loss Maintenance is $\geq 2,000$ -Calories/week

2-yr follow-up data (post VLCD) N=45	Low	Moderate	High
Days/week	1.9 \pm 0.8	3.7 \pm 1.9	5.3 \pm 1.1
Miles/week	4.8 \pm 2.6	9.1 \pm 4.4	16.2 \pm 8.3
Kcals/week	562 \pm 195	1258 \pm 234	2286 \pm 532
Baseline Wt. (Kg)	105 \pm 25	101 \pm 19	94 \pm 16
Follow-up Wt.	95 \pm 22	92 \pm 13	74 \pm 11*
% Regained	72 \pm 25	75 \pm 36	24 \pm 26*

*P <0.01

The Moderate group did double the PA of the Low group without any difference in % regained at 2-yrs. Moderates also met Healthy People 2010 activity goals. The High group met *American College Sports Medicine* activity goals for optimal health. PA calories independently predicted weight loss and % regained at 2-yrs.

Ewbank P, et al. *Physical activity as a predictor of weight maintenance*. *Obes Res* 1995;3(3):257-263.