

## MEDICAL WEIGHT LOSS... dispelling the myths



### Part II: Exercise and Weight Loss (bit of a run-around)

AS MENTIONED IN my previous article the traditional paradigm for weight loss i.e., diet, exercise and behavior modification has proven ineffective for the vast majority of people. As a result, there has been a need for a more aggressive medical approach using combination pharmacotherapy in addition to above mentioned protocols to achieve long term weight loss and maintainence. This article will discuss why exercise, although an important adjunct to weight loss needs to be placed in proper perspective.

The good news is that exercise is a very important part of any prudent long term weight loss program; commercial or medical. The bad news is that the ability of exercise to cause weight loss is highly overrated. To be sure, there are many benefits associated with exercise including improved cardiovascular fitness, toning, strengthening, elevating good cholesterol, etc, etc. However, in a weight loss program the purpose of exercise is not for weight loss itself, but rather for weight loss maintainence. The reason for this is quite simple.

How many calories does one burn from exercise and the transient increase in metabolism which follows? Unfortunately, for most of us the answer is "not too many". How many of you have gone to the gym five days/week, have a personal

### Weight Loss ***Believe It Or Not***


- 1 Researchers estimate there are approximately 1000 genes related to weight control (over 200 have been identified).
- 2 Vitamin injections are worthless for weight loss.
- 3 Slim-fast, touted for weight loss, has 12 more grams of sugar and more saturated fat than Boost, touted for weight gain.
- 4 Average weight loss at Weight Watchers after two years is 6 pounds.
- 5 There are no published medical studies that show long term weight loss (3-4 years) of even 10% of body weight based on diet and exercise alone.
- 6 All of the above including this statement are true.

trainer, walk at lunch, take the stairs, etc. and yet are totally frustrated by the lack of weight loss and in some cases weight gain? The statistics for weight loss resulting from exercise are the same at Weight No More as they are at UCLA, Mayo Clinic and Cedars Sinai. For example, if you weigh 180 lbs. and want to lose 1 lb. of fat through exercise, and live in Newport Beach, instead of parking your car farther away in the parking lot, you would need to park at the junction of the 15 and 91 freeways, walk at 4 miles/hour (quick pace) for 8 hours and cover 32 miles.

Alternatively, you could swim 7 1/2 miles at 25 yards/minute to lose that same 1 lb! When Oprah was at her leanest she was jogging 95 miles/week! Of course the more you weigh the less exercise you need to lose a pound, but you have more pounds to lose, and vice versa. At my weight (150 lbs), I need to run at 10 miles/hour for 3 1/2 hours and cover 35 miles for a 1 pound loss.

Admittedly, the National Weight Registry has in their database 5000 people who have lost 30 pounds through exercise and kept it off for a year. I congratulate them on their success. In that there are 130 million overweight people in our country this 5000 represent .0038% (thirty eight ten thousandths of one percent !!)

Although exercise is a most important adjunct in a weight loss program, my hope is that physicians and patients alike will put it in proper perspective. My next article will discuss why dietary supplements for weight loss "slim your wallet, not your waist". This disease obesity needs to be taken seriously, treated seriously and treated with respect.

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