

Poll: Most prefer no job to being obese

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The majority of U.S. men and women polled for Fitness magazine say they would prefer to be unemployed to being substantially overweight.

The 1,007 people surveyed were asked which would be worse -- being 75 pounds overweight or jobless, USA Today reported. By gender, 58 percent of women and 54 percent of men said they would rather have no job than to have to lose that much weight.

"They think they can find a job much easier than the commitment it takes to lose weight, which means giving up food, which people love, and moving more, which many people don't love," said Liz Vaccariello, executive editor of Fitness.

Bonnie Taub-Dix, a registered dietitian in New York said it would take more than a year to lose that much weight in a healthy way.

"People would rather pick up the want ads than pick up extra pounds," she said.

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