

Bicycling, brisk walking help women control weight

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Premenopausal women who make even small increases in the amount of time they spend bicycling or walking briskly every day decrease their risk of gaining weight, according to a new study by researchers from the Harvard School of Public Health (HSPH).

The study appears in the June 28, 2010 issue of the journal *Archives of Internal Medicine*.

For premenopausal women of any weight, riding a bicycle was effective in helping to maintain weight, and overweight and obese women appeared to benefit the most. The researchers found that among women who did not originally bicycle in 1989 but bicycled in 2005, even a small increase in bicycling time - as little as five minutes each day - helped to control weight. Among the walkers who had increased their daily activity by an average of 30 min/day over the years, only those who walked briskly (≥ 3 mph) were able to control their weight. Walking slowly (

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