

# Runners achieve greater weight loss than walkers

April 1 2013

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(HealthDay)—Runners lose more weight than walkers, according to a large study published in the April issue of *Medicine & Science in Sports & Exercise*.

Paul T. Williams, Ph.D., from Lawrence Berkeley National Laboratory in California, analyzed survey results from questionnaires completed at baseline and after 6.2 years from 15,237 [walkers](#) and 32,216 runners.

Williams found that, at baseline, both male and female walkers spent less energy walking than runners spent [running](#) and were significantly heavier than runners. Energy expenditure declined less for walking in walkers than for running in [runners](#) over the course of the study. There was an

inverse relationship between change in body mass index (BMI) and both change in metabolic equivalent of task (MET)-hours per day run and change in MET-hours per day walked. The relationship was stronger in the change of MET-hours per day run than walked in men and in heavier women. In the fourth BMI quartile for both sexes there was approximately a 90 percent greater [weight](#) loss per MET-hours per day run than walked. Age-related weight gain was minimized significantly by running in both sexes and by walking in women.

"Although change in BMI was significantly associated with both change in MET-hours per day run and walked, the change in BMI was significantly greater for change in running than change in walking," the author writes.

**More information:** [Abstract](#)  
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