

Hypocaloric diet, exercise both reduce visceral adiposity

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(HealthDay)—Both hypocaloric diet and exercise reduce visceral

adiposity (VAT), with exercise tending to have a larger effect on reducing VAT, according to a review published online May 23 in *Obesity Reviews*.

Rebecca J.H.M. Verheggen, M.D., from the Radboud University Medical Center in the Netherlands, and colleagues conducted a meta-analysis to examine the effects of [exercise](#) or [diet](#) on VAT. Data were included from 117 studies with 4,815 participants.

The researchers found that both exercise and diet caused VAT loss (P

"In conclusion, both exercise and diet reduce VAT. Despite a larger effect of diet on total body weight loss, exercise tends to have superior effects in reducing VAT," the authors write. "Finally, total body [weight loss](#) does not necessarily reflect changes in VAT and may represent a poor marker when evaluating benefits of lifestyle-interventions."

More information: [Abstract](#)
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