

## Mayo Clinic Minute

### Which is better for losing weight: Diet or exercise?

Video	Audio
	You're ready to drop some pounds and get your body beach-ready.
	But what's the best way to lose those pounds: exercising or starting a diet?
00:05:33	"When you look at the influence of diet versus physical activity, it's very interesting."
	Dr. Donald Hensrud, who heads up the Mayo Clinic Healthy Living Program and is the author of the <i>Mayo Clinic Diet Book</i> , says it's sort of a trick question because diet and exercise can play different roles.
00:05:51 <b>Donald Hensrud, M.D.</b> <b>Mayo Clinic Healthy Living Program</b> <b>Mayo Clinic</b>	"For weight loss, diet seems to be more effective than physical activity. You have to do huge amounts of physical activity to lose weight, but you can get a better energy deficit just by cutting down on calories."
	But, once you get your beach body, to keep the weight off Dr. Hensrud says exercise is much more effective.
00:05:51	"So both diet and physical activity are important. Diet, probably more important for losing weight. Physical activity for keeping it off."
	But it certainly never hurts to focus on both diet and exercise at the same time.
	For the Mayo Clinic News Network, I'm Ian Roth.