

TABLE 1
Studies measuring the effect of exercise intervention on average daily metabolic rate (ADMR)

Reference	Intervention		Subjects	Age	Δ ADMR ¹
	Duration	Activity			
	<i>wk</i>		<i>n</i>	<i>y</i>	<i>%</i>
Bingham et al, 1989 (14)	9	Jogging \leq 1 h/d	2W, 3M	24–33	27 \pm 17
Blaak et al, 1992 (15)	4	Five 1-h cycling sessions	10M	10–11	12 \pm 6
Goran and Poehlman, 1992 (16)	8	Three cycling sessions	5W, 6M	56–78	3
Westerterp et al, 1992 (17)	40	Jogging up to 50 km/wk	5W, 8M	28–41	21 \pm 9
Van Etten et al, 1997 (18)	18	Two weight-training sessions	12M	23–41	9 \pm 8

¹ $\bar{x} \pm$ SD.

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