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Q & A

BY MATT BRZYCKI

Q. DOES WALKING BURN THE SAME NUMBER OF CALORIES AS RUNNING?

A. Using formulas from the American College of Sports Medicine, it can be calculated that running a mile utilizes significantly more calories than walking a mile. This has been demonstrated in several studies, including a recent one that was conducted by researchers in Brazil.

In that study, 16 men (average age 26.2) were randomly assigned to cover 2 miles on a treadmill, once while walking at 3.0 miles per hour for 40 minutes and another while running at 6.0 mph for 20 minutes. In negotiating the 2-mile distance, the men used about 181.7 calories walking and 236.6 calories running, despite the fact that they walked for twice the amount of time.

Caloric expenditure is important when it comes to losing weight and walking is an excellent and enjoyable activity to help achieve this goal.

Q. DOES A FITNESS PROFESSIONAL'S APPEARANCE PLAY A ROLE IN THEIR CREDIBILITY?

A. A recent study examined the perceptions of individuals toward physicians. Although physicians are certainly different from fitness professionals, both occupations counsel clients at times in various aspects of health and wellness.

The study involved an online survey in which 358 adults were randomly assigned to answer questions assessing their perceptions and opinions of physicians described as normal weight, overweight or obese. Definitions of the three weight classifications weren't disclosed to the participants.

The survey participants had a significantly greater mistrust of physicians who were perceived as overweight or obese and were less likely to heed their medical advice on weight management. Those surveyed were also more inclined to switch to another provider if their physicians appeared overweight or obese. Interestingly, these biases were the same regardless of changes in a participant's body weight.

While there's no need for a fitness professional to have the physique of a Greek statue, having a fit appearance may go a long way in getting clients to follow advice.

Q. DOES FRUIT JUICE HAVE THE SAME ANTIOXIDANT DENSITY AS WHOLE FRUIT?

A. The importance of eating fruit on a daily basis goes without saying. In today's fast-paced society, it's quicker and more convenient to gulp down fruit juice rather than whole fruit. But is this equally beneficial with respect to supplying antioxidants?

Researchers at the University of Alabama analyzed the antioxidant

density—essentially, the concentration of antioxidants—of five different types of whole fruit and their 100% juice form: apples, grapefruit, grapes, oranges and pineapples.

The antioxidant density of apples, grapefruit and oranges was higher than their name- and store-brand juice counterparts, but only that of apples and grapefruit was significantly higher. The antioxidant density of grapes was notably higher than store-brand grape juice but roughly the same as name-brand. And the antioxidant density of name-brand pineapple juice was actually higher than pineapple, but only by a slight margin.

In general whole fruits are more beneficial than 100% fruit juice in providing antioxidants. Additionally, whole fruits tend to have fewer calories per serving than fruit juice.

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