

Diet or Exercise: Which Matters More for Weight Loss?

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Women's Health:

You know you should exercise and eat healthfully to keep your weight in check. The thing is, research suggests that when people devote time to one healthy habit, they spend less time on the other. So which is more important if you're worried about your waistline: your workout or your diet?

Turns out, people who think that diet is the most important factor in weight control tend to have a lower body mass index (BMI) than those who believe that exercise is the key, according to six new studies published in the journal *Psychological Science*.

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