

Study: Do Fitness Trackers Help You Lose Weight? from VOA

From VOA Learning English, this is the Health & Lifestyle report.

We begin with bad news for people who bought a (1)_____ fitness tracker in hopes of losing weight.

A new study finds the electronic (2)_____ probably does not help with weight (3)_____. The study was a project of researchers from the University of Pittsburgh in the U.S. state of Pennsylvania. Fitness trackers are designed to (4)_____ your physical activity. They are usually worn around the (5)_____, where they measure a person's heart (6)_____.

The University of Pittsburgh research team looked at two groups of individuals. The first wore a fitness tracker and took part in health (7)_____. In other words, they spoke with nutrition and physical fitness experts to consider the best weight loss plan.

The researchers compared this group with people who only took part in health counseling.

The study found that those who simply had health counseling lost more weight than those who had counseling and wore a fitness tracker. In fact, those who only spoke with the health experts lost (8)_____ six kilograms. Those who used a fitness tracker lost only 3.5 kilograms.

John Jakicic is the (9)_____ researcher. He is also chairman of the university's Department of Health and Physical Activity. He questioned the use of electronic devices as (10)_____ for weight control in place of "effective (11)_____ counseling for physical activity and diet."

The study involved 470 subjects between the ages of 18 and 35. Some of them were (12)_____, while others were heavier and considered (13)_____. Over three fourths of the subjects were women, and 29 percent were (14)_____.

The researchers told all the subjects to increase their physical activity. The men and women also were told to start on a low calorie (15)_____.

The subjects were told to have their weight (16)_____ once every six months over the two-year study.

After six months, researchers divided the group into two parts: one continued with monthly counseling, while members of the other group were given a wearable fitness tracker.

Eighteen months later, both groups "showed significant (17)_____ in body composition, fitness, physical activity, and diet," with no (18)_____ difference between groups.

However, when it came to losing weight, the people who spoke with experts lost nearly twice as much weight.

Jakicic said the study's (19)_____ "are important because effective long-term treatments are needed to address America's obesity (20)_____." He warned that "questions remain regarding the effectiveness of wearable devices."

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behavioral counseling device diet epidemic findings improvements lead loss major measured minorities nearly obese overweight rate record tools wearable wrist

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A new study finds the electronic device probably does not help with weight loss.

The study was a project of researchers from the University of Pittsburgh in the U.S. state of Pennsylvania.

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John Jakicic is the lead researcher. He is also chairman of the university's Department of Health and Physical Activity. He questioned the use of electronic devices as tools for weight control in place of "effective behavioral counseling for physical activity and diet."

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After six months, researchers divided the group into two parts: one continued with monthly counseling, while members of the other group were given a wearable fitness tracker.

Eighteen months later, both groups "showed significant improvements in body composition, fitness, physical activity, and diet," with no major difference between groups.

However, when it came to losing weight, the people who spoke with experts lost nearly twice as much weight.

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