

Walk the dog, lose weight!

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A study conducted by University of Missouri researchers found that regular dog walking promotes weight loss. The study's dog walkers started out walking ten minutes per day three times a week, gradually increasing to as many as 20 minutes five days a week. After one year, the average dog walker had lost 14 pounds.

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<http://beta.docker.realhealthmag.com/article/Walk-the-dog-lose-weight-2660-2442>