**Table 8. Description of interventions in studies among studies including only obese adults in the general population**

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| --- | --- | --- | --- |
| **Author, year**  **Duration of intervention** | **Primary Aim** | **Group 1** | **Group 2** |
| **Diet Interventions** |  |  |  |
| Hemmingsson, 20091  Duration 18 months, Lsat counseling session at 14 months | Increase bicycle riding and walking to work. Increase bicycle riding to at least 2 kilometers a day. | Pedometer based walking program with 2 group counseling sessions about walking. | Given a brand new bicycle. Individual counseling sessions with a physician to increase walking and bicycling. Group counseling sessions about physical activity. |

Lsat =

**References**

1. Hemmingsson E, Uddén J, Neovius M, et al. Increased physical activity in abdominally obese women through support for changed commuting habits: a randomized clinical

trial. International Journal of Obesity (2005) 2009; 33(6):645-52.