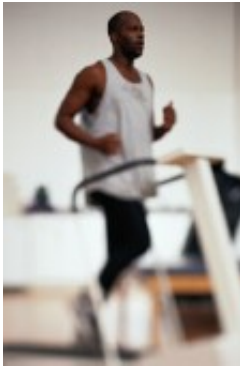


Exercise dose, intensity don't impact reduction in liver fat

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(HealthDay)—Reductions in liver fat or visceral adipose tissue (VAT) do not differ significantly with the dose or intensity of aerobic exercise, according to a study published online April 8 in the *Journal of Hepatology*.

Shelley E. Keating, from the University of Sydney, and colleagues examined the efficacy of commonly prescribed exercise doses for reducing [liver fat](#) and VAT. Forty-seven inactive and overweight/obese adults were randomized to receive eight weeks of low- to moderate-intensity, high-volume aerobic exercise (LO:HI); high-intensity, low-volume aerobic exercise (HI:LO); low- to moderate-intensity, low-volume aerobic exercise (LO:LO); or placebo.

The researchers observed a significant change in group \times time interaction in liver fat, with reductions of 2.38 percent in HI:LO, 2.62 percent in LO:HI, and 0.84 percent in LO:LO and an increase of 1.1 percent in placebo. There were significant reductions in VAT in the HI:LO, LO:HI, and LO:LO groups but not in placebo. No significant differences were seen between the dose or intensity of the [exercise regimen](#) and the decreases in liver fat or VAT.

"All of the [aerobic exercise](#) regimens employed reduced liver fat and VAT by a small amount without clinically significant weight loss," the authors write.

Two authors disclosed financial ties to the pharmaceutical industry.

More information: [Abstract](#)
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