

Tabla extraída de: Epstein, L.H.; Coleman, K.J. y Myers, M.D. (1996). Exercise in treating obesity in children and adolescents. *Medicine and Science in Sports and Exercise*, 28(4), 428-435.

Authors	Age	N	Groups	Exercise	Diet	Rx FU Months	Results
Becque et al. (3)	12-13	11	Diet + Ex	$3 \times \cdot \text{wk}^{-1}$: 50-min Supervised aerobic activity	Loss of 1-2 lb $\cdot \text{wk}^{-1}$	5	%BF, BW: Diet + EX = Diet = Con Fitness: Diet + EX = Diet = Con
		11	Diet				
		14	Control				
Blomquist et al. (6)	8-9	22	Ex	2 extra gym classes $\cdot \text{wk}^{-1}$ 45-min intensive activity	None	4	OW, SF: Ex = Con Fitness: Ex = Con
		21	Control				
Epstein et al. (15)	8-12	55	Diet + Ex	Reinforced for activity	900-1200 kcal	4-12	%OW, %F: Rx: Sed > Ex %OW, %F: FU: Sed > Ex, Com Fitness: Rx, FU: NS
			Diet + Sed	Reinforced for less sed			
			Diet + Com	Combined ex + sed			
Epstein et al. (20)	8-12	13	Diet + Pro	Programmed aerobic ex	900-1200 kcal	6-120	%OW, BW: Rx: NS %OW, BW: FU: FU: Pro, LS > Cal
			Diet + LS	Lifestyle exercise			
			Diet + Cal	Calisthenics			
Epstein et al. (21)	8-12	23	Diet + Ex	3-mile walk $3 \times \cdot \text{wk}^{-1}$	900-1200 kcal	2-12	%OW, BW: Rx: Diet + Ex > Diet %OW, BW: FU: NS Fitness: Rx: NS; FU: Ex > Diet
Epstein et al. (19)	8-12	18	Diet + Ex	Lifestyle exercise	900-1200 kcal	2-120	%OW: Rx: Diet + Ex, Diet > Cont %OW: FU: Diet = Diet + Ex
			Diet				
			Control				
Epstein et al. (18)	8-12	8	Diet + Pro	Programmed aerobic exercise	900-1200 kcal	2-17	%OW, BMI: Rx: NS %OW, BMI: FU: all LS > all Pro Fitness: Rx: Pro > LS
			Diet + LS	Lifestyle exercise			
			Pro	Programmed aerobic exercise			
Hills and Parker (28)	prepu	8	LS	Lifestyle exercise	Nutrition Education	4	Fitness: 6 month FU: NS BMI: NS SF: Diet + Ex > Diet
			Diet + Ex	Gymnastics $1 \times \cdot \text{wk}^{-1}$, 20-min home aerobic activity $3-4 \times \cdot \text{wk}^{-1}$			
			Diet				
Pena et al. (35)	10-15	20	HIF + Ex	20 min jogging + cycling at 70% VO2max $5 \times / \text{wk} (2 \times \cdot \text{d}^{-1})$	1000 kcal HIF = 20 +	1	BW: Boys HIF + Ex > LoF for BW BW: Girls HIF + Ex > HIF or LoF BW: LoF + Ex > LoF for BW
			LoF + Ex				
		20	HIF				
Pena et al. (36)	8-14	16	Diet + Ex	Platform stepping $5 \times \cdot \text{wk}^{-1}$	27 kcal $\cdot \text{kg}^{-1}$ ideal wt $\cdot \text{ht}^{-1}$	15 days	BW, BF: NS
			21	Diet	Walk for 2 h $7 \times \cdot \text{wk}^{-1}$		
Reybrouck et al. (38)	6-14	14	Diet + Ex	Daily aerobic exercise 15-40 min at 70-75% HRmax $3 \times \cdot \text{wk}^{-1}$	800-1000 kcal	48	
			11	Diet			
Rocchini et al. (39)	9-15	23	Diet + Ex		Loss of 1-2 lb $\cdot \text{wk}^{-1}$	5	BW, %BF: Diet or Ex > Control Fitness: Ex > Diet or Control
			22	Diet			
Seltzer and Mayer (47)	9-14	189	Exercise	Three additional aerobic phys ed classes $\cdot \text{wk}^{-1}$	None	5-6	BW, SF: Ex = Control
			Control				
			161				

Rx = treatment period; FU = follow-up period; Ex = exercise; Con = Control; $\times \cdot \text{wk}^{-1}$ = times activity was performed per week; Sed = reinforced for decreasing sedentary behavior; Com = reinforced for decreasing sedentary and increasing active behaviors; Pro = programmed aerobic exercise; LS = lifestyle exercise; Cal = calisthenics; NS = no significant between group differences; %BF = percent body fat; %BW = body weight; OW = overweight defined by standard weight for height and age tables; SF = skinfold measurements; BMI = body mass index; prepu = prepubertal; HIF/LoF = high/Lo fiber diet; BF = body fat.
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