



Want to lose weight, guys? Try slimming without girls as you will lose twice as much

- Men who exercise with other males lost on average an extra half a stone than those who workout in the company of women

Men who go to slimming classes lose twice as much weight when there are no women around, a study found. They put their success down to the 'blokey banter' and lack of 'awkward moments' at the men-only sessions. Those who followed an all-male course lost almost a stone on average, taking in those who missed some of the 12 weekly meetings.



Left behind: Men struggle to lose weight when exercising alongside women

In comparison, men who attend traditional slimming club meetings dominated by women lose on average just over half a stone.

Counting only those who completed the all-male course, weight loss rose to nearly one and a half stone and waistlines were reduced by almost two inches on average.

The European Congress on Obesity in Lyon, France, heard it was likely that some of the men were bashful about discussing their 'chubby' bodies in front of women.



Perfect match: Men are more likely to lose weight in the company of other males

However, they felt more secure in an all-male environment and their competitive spirit came to the fore. For the study, 62 overweight men from the West Midlands attended weekly Weight Watchers meetings without any women.

Around two-thirds of the men completed the course and 77 per cent of these lost at least 5 per cent of their body weight. Many shed more than 10 per cent.

Researcher Professor Steven Robertson, of Leeds Metropolitan University, attributed the results to a sense of camaraderie, blokey banter and the feeling of being part of a team.

Zoe Hellman, head of public health at Weight Watchers, which funded the research and may start running men-only meetings around the country, said: 'A lot of the men did say that they felt a very female-dominated meeting might put them off contributing or talking about things that were important to them.'

Statistics show that men are more likely to be overweight, although not obese, than women.

Raising testosterone levels could help overweight men stay in shape. Men low in the sex hormone who were given regular top-up jabs shed an average of two and a half stone over five years, the European Congress on Obesity heard. The researchers, from drug firm Bayer, said boosting levels of testosterone may have made the men more active.



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