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WORKOUTS AND WEIGHT LOSS

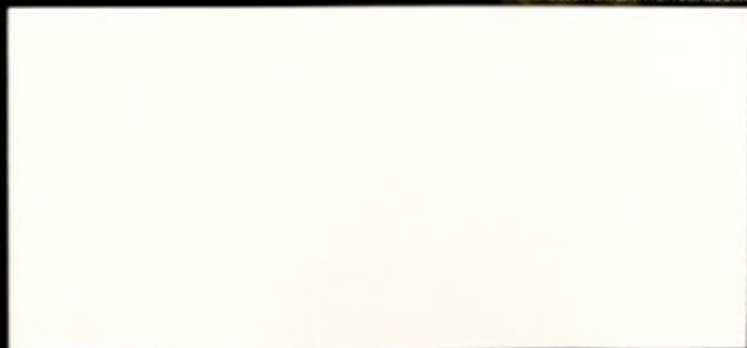
Learn the surprising evolutionary reason why exercise alone won't shed pounds—and what to do about it

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ON THE COVER

We take it for granted that physically active people burn more calories than sedentary folks. But studies show that daily energy expenditures are largely the same regardless of activity level. The findings help to explain why hitting the gym to lose weight does not work and raise intriguing questions about human evolution.

Illustration by Bryan Christie.

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