RQ (3) Additional Weight Loss per Hour/Week Spent on Each Exercise Program with Near Maximum Effort, by Gender

| Program | Gender | Slope | SE | lower.CL | upper.CL |
| --- | --- | --- | --- | --- | --- |
| Jogging | Male | 7.41 | 1.62 | 4.24 | 10.59 |
| Swimming | Male | 19.85 | 1.49 | 16.94 | 22.77 |
| Jogging | Female | 14.59 | 1.62 | 11.41 | 17.77 |
| Swimming | Female | 15.88 | 1.56 | 12.82 | 18.93 |