Simple Slopes Analysis for Weight Loss by Time Spent in each Program by Gender, Collapsed Across Effort

| Gender | Program | b | SE | CI\_lo | CI\_hi | p |
| --- | --- | --- | --- | --- | --- | --- |
| Male | Jogging | 2.68 | 0.67 | 1.36 | 4.01 | < .001 \*\*\* |
| Male | Swimming | 9.13 | 0.66 | 7.84 | 10.41 | < .001 \*\*\* |
| Male | Reading | -3.74 | 0.62 | -4.96 | -2.52 | < .001 \*\*\* |
| Female | Jogging | 9.86 | 0.70 | 8.49 | 11.24 | < .001 \*\*\* |
| Female | Swimming | 5.15 | 0.66 | 3.86 | 6.44 | < .001 \*\*\* |
| Female | Reading | -2.19 | 0.58 | -3.32 | -1.06 | < .001 \*\*\* |