RQ (1) Inverse Estimation of Exercise Time Required by Each Program for a Five Pound Weight Loss, Given Low Effort

| Program | Gender | Exercise Time, hours/week | Weight Loss, pounds |
| --- | --- | --- | --- |
| Jogging | Male | 0.00 | 5.38 |
| Jogging | Female | 2.30 | 4.71 |
| Swimming | Male | 0.00 | 5.12 |
| Swimming | Female | 0.00 | 19.77 |