RQ (2) Additional Weight Loss per Hour/Week Spent on Each Exercise Program with Average Effort, by Gender

| Program | Gender | Slope | SE | lower.CL | upper.CL |
| --- | --- | --- | --- | --- | --- |
| Jogging | Male | 2.68 | 0.67 | 1.36 | 4.01 |
| Swimming | Male | 9.13 | 0.66 | 7.84 | 10.41 |
| Jogging | Female | 9.86 | 0.70 | 8.49 | 11.24 |
| Swimming | Female | 5.15 | 0.66 | 3.86 | 6.44 |