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Comparison between the effect of six weeks morning or evening aerobic exercise on appetite and anthropometric indices

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In recent decades, obesity has become a major health problem. So far, several studies have showed that physical activity is related to creating negative energy balance and changes in appetite directly. However, few of the studies examined the effect of exercise time during the day on these factors. The main aim of the present study was demonstrating the effect of 6 weeks morning and evening aerobic exercise on appetite and anthropometric indices. Forty eight overweight females were recruited in this clinical trial. By the time of exercise, they were divided into two groups (morning or evening) and performed 6 weeks of aerobic exercise with the target heart rate on the ventilatory threshold. Appetite change, calorie intake and anthropometric indices were assessed. All of the variables were compared between two groups and within groups at baseline in the third and sixth week. Some parameters of appetite indices were changed significantly in morning and evening exercise groups in time point's measurements. However, consistent changes in the appetite scores were not found along the 6 weeks ($P>0.05$). Calorie consumption of the morning group decreased along the 6 weeks significantly greater than evening group ($P=0.02$). In addition, significant changes in weight, BMI, abdominal skin fold thickness and abdominal circumference were seen in the morning group ($P<0.05$). It seems that moderate to high intensity aerobic exercise in the morning along 6 weeks could be considered as a more effective program than evening exercise on appetite control, calorie intake and weight loss.

Biography

Zahra Alizadeh has completed her Sports Medicine Specialty from School of Medicine in Tehran University of Medical Sciences, Iran. She has founded Obesity Clinic in the Sports Medicine Department at related hospital, the first multidisciplinary obesity clinic in the Tehran University. She is also the Director of sports nutrition research group in Sports Medicine Research Center. She has published more than 10 papers about obesity and exercise.

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