
Comparison of the aerobic and resistance exercise effect on appetite, intake calorie and food choices in trained overweight 18-30 years old women

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The aim of this study is to compare the effect of aerobic with resistance exercise, intake food and food choices in overweight trained 18-30 years old women. So:

Methods: This is a descriptive - analytical study that was conducted in the field, and it is applied based on goal. 24 female overweight trained Physical Education (P.E) students between 18-30 years old were examined. 19 of them were selected randomly who have been tested for a week. These people answered visual analog scale (VAS) questionnaire every day for a week in fasting, and in two special days Sunday 2 hours after aerobic exercise, and Wednesday 2 hours after resistance exercise in addition to fasting. Four hunger indicators included hunger, feeling of fullness, desire to eat in a continuum of 0 to 10 were evaluated in this questionnaire. Beside that the daily food components that they have consumed that day was written completely and intake calorie was calculated by the examiner. Aerobic exercises were 60 minutes running with 60 to 70 percent of maximum heart rate, and resistance exercises were in 8 circular stations with 65 to 75 percent 1RM resistance with 12 to 15 repetitions in two posts with 3 minutes rest between posts. These 8 stations were 4 upper body movements included the bench press, biceps, triceps and upper chest, and 4 lower body movements included front foot, back foot, squat and Sartorius. During this protocol we have found the followings. Results: aerobic exercise has a significant effect on the appetite of 18-30 years old trained overweight women. Also, resistance training has a significant effect on the appetite of 18-30 years old trained overweight women. And there is no significant difference between aerobic and resistance training in this index so that in this respect none of them has advantage over the

other. Furthermore, we found that aerobic training has a significant effect on the intake calory in overweight trained 18-30 years old women. But resistance training has no significant effect on intake calory of overweight trained 18-30 years old women. And also there is a significant difference between aerobic and resistance training in this index so that there were some advantages in this respect. Continuing aerobic training has a significant effect on food choices in overweight trained 18-30 years old women. So based on this exercise protocol we can conclude that:

Conclusion: The results of this study showed that aerobic and resistance exercises can affect the appetite and food choices. Aerobic exercise can affect the intake calory but resistance training cannot affect the intake calory.

Keywords : aerobic training, resistance training, appetite, calory intake, food choices.

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