

# **Effect of combined exercise training and regulation of nutrition habits on health related characteristics and nutrition behavior in trained overweight and obese females**

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**Background and aim:** Despite the known importance of physical activity and nutrition in promoting people's health, evidence suggests that habitual physical activity and nutrition status among adults is inappropriate. Therefore, the purpose of this study was to evaluate the impact of a combine training and regulation eating habits on some health-related factors and nutrition behaviors in overweight and obese trained women. **Method:** in this semi-experimental study, 30 overweight and obese women were ed and randomly divided into two experimental (body mass index:  $29.31 \pm 3.18$  kg/m<sup>2</sup>) and control (body mass index:  $29.54 \pm 3.17$  kg/m<sup>2</sup>) group. Combine training conducted for 8-weeks, three times per week and each session was 90 min. In addition, the nutrition behavior intervention was consisted of nutrition recommendations for modifying eating habits, eating time, number of food and amunt of sonsuming food. Women body composition, physical fitness, appetite and nutrition behavior were assessed before and after intervention period. SPSS software version 24 was used for statistical analysis and P-value less than 0.05 was considered statistically significant. **Result:** In the experimental group there was a significant improvement in aerobic power ( $p=0.00$ ), upper body strength ( $p=0.02$ ), lower body strength ( $p=0.00$ ), BMI ( $p=0.00$ ), body fat percent ( $p=0.00$ ), Restrained eating ( $p=0.003$ ), emotional eating ( $p=0.01$ ) External eating ( $p=0.02$ ), Hunger ( $p=0.02$ ), Satiety ( $p=0.007$ ) and Desire to eat ( $p=0.01$ ). However, no significant changes were seen in control group ( $p>0.05$ ). **Conclusion:** According to the study result, it seems that combine training and regulation eating habits efficacious in improving women's body composition, physical fitness, appetite and nutrition behavior.

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**Keywords : combine training, nutrition behaviors, physical fitness, body composition, appeti**

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