

Effects of Exercise-Related versus Entertainment-Related Conversation on Post-Exercise Food Consumption

By Christa Ahrens

Abstract

Lifestyle choices of **college** students influence their risk of **obesity** and/or developing chronic heart disease later in life. Many students gain weight during **college** due to decreased exercise, overeating, and poor nutritional choices. Exercise may increase food consumption and/or the consumption of unhealthy foods due to **compensation**. The purpose of the study was to determine if individuals who discussed exercise-related topics would compensate by taking more food after the exercise session than those who discussed entertainment-related topics. Sixteen **female college** students were randomly assigned to participate in either the exercise-related or entertainment-related conversations while working out, both consisting of power walking at the same absolute intensity for the same duration. To determine if there was a difference in food **intake** between groups, the calories of the snacks that subjects took after their session were recorded. The subjects who participated in the session that had exercise-related conversations had a significantly higher **intake** of food than the subjects in the entertainment-related conversation session. In conclusion, individuals may compensate with food more if are talking about exercise-related topics than entertainment related topics while exercising.

Key words: College, compensation, female, intake, obesity