



The effects of HIIT exercise and omega-3 supplementation on appetite levels in obese women

Poster Presentation

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Abstract

Introduction: Appetite has the main role in energy regulation and weight loss in obesity. The purpose of this study is to investigate the effect of Omega-3 supplements and HIIT exercises on appetite in obese women.

Methods: In a controlled, randomized clinical trial, 60 subjects (35-45 yrs.) with $27 \leq \text{BMI} \leq 40$ (kg/m²) were assigned to four groups (HIIT, Supplement +HIIT, Supplement, Control). Twelve-weeks HIIT sessions (each session of an interval training includes 60 s of high-intensity training (85–95% of reserve heart rate)) + running for 60 s at low intensity (55–60% of reserve heart rate) were applied. Subjects consumed 2 g omega3 daily. Appetite and anthropometrical characteristics were assessed prior and 48 hours following training and at the end of the luteal phase. One-Way Anova and Tukey tests were used to analyze the data.

Results: The results suggested appetite decreased significantly in HIIT and supplement+HIIT groups ($p=0.0001$) while didn't change in supplement and control groups ($p=0/052$).

Conclusion: It was concluded that Omega-3 supplement has no significant effect on appetite, whereas HIIT may decrease appetite in obese women.

Keywords

HIIT; Obese women; Omega 3; Appetite

Reference:

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