

第219回スポーツサイエンス研究会

日時 2022年11月10日(木) 17:00 より
ZOOMを用いたオンライン形式

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ID: 926 8974 8496

パスコード: 234753

演題

Exercise, appetite and food reward in adolescents with obesity

演者

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抄録

INTRODUCTION

After a brief introduction of my profile and background, I'll present the laboratory I'm actually studying and doing research in. Then, my presentation will focus on my research topic; dealing with the effects of exercise and energy deficits on appetite control and energy intake in adolescents with obesity.

PART 1

After the introduction, I will present the IDEX studies (IDEX-1 and IDEX-2). The first one (IDEX-1) aimed to compare energy intake (EI), appetite feeling and the hedonic responses to equivalent acute energy deficits induced by exercise versus energy restriction in adolescents with obesity. The IDEX-2 study is complementary to IDEX-1, comparing an energy deficit induced by dietary restriction alone with one combining dietary restriction and exercise.

PART 2

In a second part, I will present the NEXT study for which we just completed the experimental phase, also considering the effects of energy deficits in children with obesity. Although preliminary, I'll try to present the first results of the NEXT study.

CONCLUSION

To conclude, I shall explain you my plans for the future.

