

Conference Abstract

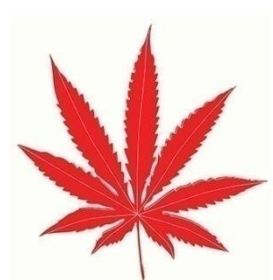
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Conference Abstract

COMPARATIVE EFFECT OF JUNK FOOD ON BODY COMPOSITION OF PHYSICALLY ACTIVE AND INACTIVE YOUNG FEMALE ADULTS

Masooma Ali Sethi, Zainab Gul, Fatima Farooq

Department of Diet and Nutritional Sciences, University of Lahore, Islamabad Campus, Islamabad

Corresponding author:
Masooma Ali Sethi. Department of
Diet and Nutritional Sciences,
University of Lahore, Islamabad
Campus, Islamabad.
E: amasoomaa@gmail.com

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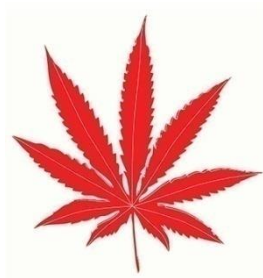
Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Junk food, BMI, Physical activity, Active and inactive group.

ABSTRACT

The aim of this research was to explore the capability of moderate intensity exercise to resist the lethal effects of a junk food on the body composition, blood pressure and blood glucose levels of healthy young female adults. Thirty females were categorized in two groups (Inactive IA n=15, physically active PA n=15) for 15 consecutive days. Simultaneously, contestants were asked to achieve moderate intensity exercise each day for 40 minutes 6 times/week at 135-140 bpm heart rate on a treadmill. Fixed amount of junk food was provided to the participants of both groups once a day and all the parameters were observed at 0 day and 15th day. We found significantly decrease ($p < 0.005$) in Body composition (Weight, BMI, body fat, W.C, H.C, and W-HR) at the end of the study in physically active group and significant increase ($p < 0.005$) in all the parameters in physically inactive group. Blood glucose levels within physically active group ($p < 0.003$), but within the inactive group the results were non-significant ($p < 0.116$). Blood pressure indicates insignificant results in physically active and inactive groups $p = 0.019$ and $p = 0.007$ respectively. Comparison of IA and PA group after 15 days was insignificantly corresponding with body fat ($p = 0.274$),

weight status ($p = 0.203$), W-H R ($p = 0.857$) and BMI ($p = 0.144$). In conclusion, body composition of young female adults appears to be protected by executing moderate intensity PA from the damaging effects of highly dense foods.



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