



COVER SHEET

This is the author version of article published as:

Stubbs, R. J. and Sepp, A. and Hughes, D. A. and Johnstone, A. M. and King, Neil A. and Horgan, G. and Blundell, J. E. (2002) The effect of graded levels of exercise on energy intake and balance in free-living women. *International Journal of Obesity* 26(6):pp. 866-869.

Copyright 2002 Nature Publishing Group

Accessed from <http://eprints.qut.edu.au>

[The effect of graded levels of exercise on energy intake and balance in free-living women.](#) By: Stubbs, R.J.; Sepp, A.; Hughes, D.A.; Johnstone, A.M.; King, N.; Horgan, G.; Blundell, J.E.. *International Journal of Obesity & Related Metabolic Disorders*, Jun2002, Vol. 26 Issue 6 866-869

Abstract: Assesses the effect of graded increases in exercised-induced energy expenditure (EE) on appetite, daily energy intake (EI), total daily EE and body weight in lean women. Compensations in EI produced by markedly increasing EE through exercise; Accurate adjustments of EI to acute increases in EE that are likely to take weeks rather than days.; (AN 8673813)

[Times Cited in this Database\(2\)](#)

 [PDF Full Text](#) (743K)

Keywords: exercise; appetite; human; energy balance; feeding behaviour

References

- 1 Department of Health. *Obesity. Reversing the increasing problem of obesity in England*. Report from the Nutrition and Physical Activity Task Forces. Department of Health: London; 1995.
- 2 King NA, Tremblay A, Blundell JE. Effects of exercise on appetite control: implications for energy balance. *Med Sci Sports Exerc* 1997; **29**: 1076–1089.
- 3 Woo R, Garrow J, Pi-Sunyer F. Effect of exercise on spontaneous calorie intake in obesity. *Am J Clin Nutr* 1982; **36**: 470–477.
- 4 Woo R, Pi-Sunyer F. Effect of increased physical activity on voluntary intake in lean women. *Metabolism* 1985; **34**: 836–841.
- 5 Woo R, Garrow J. Voluntary food intake during prolonged exercise in obese woman. *Am J Clin Nutr* 1982; **36**: 478–484.
- 6 King NA, Snell L, Smith RD, Blundell JE. Effects of short-term exercise on appetite responses in unrestrained females. *Eur J Clin Nutr* 1996; **50**: 663–667.
- 7 King NA, Lluch A, Stubbs RJ, Blundell JE. High dose exercise does not increase hunger or energy intake in free living males. *Eur J Clin Nutr* 1997; **51**: 478–483.
- 8 Dionne I, Johnson M, White MD, St-Pierre S, Tremblay A. Acute effect of exercise and low-fat diet on energy balance in heavy men. *Int J Obes Relat Metab Disord* 1997; **21**: 413–416.
- 9 Tremblay A, Almeras N, Boer J, Kranenbarg EK, Despres JP. Diet composition and postexercise energy balance. *Am J Clin Nutr* 1994; **59**: 975–979.
- 10 Johnstone AM, Stubbs RJ, Harbron CG. Effect of overfeeding macronutrients on day-to-day food intake in man. *Eur J Clin Nutr* 1996; **50**: 418–430.
- 11 Van strein TV, Frijters JER, Bergers GPA, Defares PB. The Dutch Eating Behaviour Questionnaire (DEBQ) for assessment of restraint, emotional and external eating behaviour. *Int J Eat Disord* 1986; **5**: 295–315.
- 12 Bingham SA, Cummings JH, Murgatroyd PR. PETRA: a new device for weighed dietary intakes. *13th International Congress on Nutrition*, 1985, 126 (Abstract).
- 13 Ceesay SM, Prentice AM, Day KC, Murgatroyd PR, Goldberg GR, Scott W, Spurr GB. The use of heart rate monitoring in the estimation of energy expenditure: a validation study using indirect whole-body calorimetry. *Br J Nutr* 1989; **61**: 175–186.
- 14 B Holand, AA Welch, ID Unwin, DH Buss, AA Paul, DAT Southgate (eds). *McCance & Widdowson's The composition of foods*, 5th edn. HMSO: London; 1991.

- 15 Stratton RJ, Stubbs RJ, Hughes D, King N, Blundell JE, Elia M. Comparison of the traditional paper visual analogue scale questionnaire with an Apple Newton electronic appetite rating system (EARS) in free living subjects feeding *ad libitum*. *Eur J Clin Nutr* 1998; 52: 737–741.

- 16 Forbes GE, Brown MR, Welle SL, Lipinski BA. Deliberate overfeeding in women and men: energy cost and composition of the weight gain. *Br J Nutr* 1986; 56: 1–9.