Figure 1

Timing of the fast day exercise session and impact on food intake

A. Percent of exercise sessions scheduled by subjects on feed days versus fast days (morning and afternoon). B. Percent of cheating on the fast day (i.e. eating more than the prescribed amount of energy) in relation to timing of the exercise session. No difference in cheating in relation to exercising in the morning versus the afternoon on the fast day (One-way ANOVA).