

commuting in the urban environment. The research group “Physical Activity Promotion for Health” (PAFS), from the University and Castilla-La Mancha (Spain), designed and implemented the Historical Healthy Routes project in the city of Toledo. **Aim:** This project aimed to: (1) know about sociodemographic data, perceptions and habits of the participants; (2) assess the impact of the project; (3) analyse participants’ satisfaction after participation. **Methods:** The project sample comprised 596 participants aged 3 to 81 years. A self-reported questionnaire (scientific-based and created ad-hoc for this project) was administered before and after the routes. Descriptive and inferential statistics were assessed by using SPSS statistical programme. Significant level was set at $p < 0.05$. **Results:** A final sample of 558 participants aged 8 to 81 years old (53.9% females) was included for final analysis. Around a half of the participants reported to do physical activity for 2 to 4 days/week and most of them indicated to do it either for 30 to 60 minutes/session or for 1 to 2 hours/session. They also presented a positive self-perceived health status score of more than 75% in half of the cases. With regards to satisfaction levels, most of the participants marked the highest score in a 5 points likert scale (63.8%; $\bar{x} = 4.35$). **Conclusion:** The Historical Healthy Routes were found to be an enjoyable and suitable activity for all participants, including disabled. More programmes of this nature should be designed, in all countries, to combat sedentary behaviour. It may be an attractive experience.

Keywords: Physical activity, urban environment, active commuting and Historical Healthy Routes

Indoor triathlon, a new alternative to promote the practice of physical activity

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Abstract

The low levels of physical activity in the population make the promotion of exercise a necessity in our society. Within this paradigm, the Indoor Triathlon sport-modality emerges as a new alter-

native. The aims of this study was to identify the physiological (VO₂max, VT₁, VT₂, HR_{max}, HR_{recovery}) and physical (W/kg) differences between the 3 sports modalities of which Indoor Triathlon is composed. 8 subjects, all males, with an active lifestyle, aged between 23-32 years old were selected for the study. An incremental cardiorespiratory ramp test was assessed on each of the Skierg, Wattbike and Rowing ergometers. Significant differences were found between W/kg, VO₂ ml/kg/min, VT₂ onset time, watts at VT₂, and %VO₂max at VT₂ (p<0.05 and p<0,001) between the different ergometers. The values obtained in Skierg, presented between 24.65-20.88% lower values in the time to reach the VT₂ threshold and between 29.28-27.13% less in watts produced compared to the Wattbike and Rowing. In conclusion, we can determine that Indoor Triathlon is a healthy alternative for the promotion of the practice of physical activity within the population.

Keywords: Indoor Triathlon, fitness, physical activity and exercise promotion.

Weight loss and body composition changes through ketogenic diet and physical activity: a methodological and systematic review

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Abstract

Introduction. Practice of physical activity and the ketogenic diet monitoring can have a double effect in helping in processes of weight loss and improvement of body composition and lipid profile. The objective of this work was to first investigate the work done with obese patients who undertook a ketogenic diet and a physical exercise program, and second to compare the effect on body composition of a four week continuous vs interval aerobic training program in obese subjects with a ketogenic diet. **Methods.** The selection of studies was based on the following criteria: a) experimental studies (randomized controlled designs and pre-test/post-test); b) studies were admitted exclusively with subjects that facility overweight or obesity (BMI > 25).The experimental study sample was 8 sedentary and overweight subjects divided into two groups: (i) subjects with interval training (fat%: 33.2 ± 4.94) vs (ii) subjects with continuous training (fat%: 32.27 ± 3.78). All of them followed a ketogenic diet for 4 weeks. Anthropometric were measured. **Results.** For the methodological review, 7 articles and 3 reviews were analyzed. All studies, whether by establishing aerobic or strength training and show significant weight loss in all outcomes. In our experimental study there were significant improvements (p<0.05) in weight loss