

“intermittent Fasting and Physical Activity Effects in Overweight and Obese Adolescents”. Literature Review

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Abstract

Intermittent fasting (IF) has emerged as a promising dietary approach for managing obesity and related metabolic risks. While adult randomized controlled trials (RCTs) have increasingly explored IF combined with physical activity, evidence in children and adolescents remains scarce. This review systematically examined RCTs and protocols from the past decade focusing on IF interventions in overweight and obese youth, explicitly considering studies with physical activity or exercise components. A structured search identified a small number of completed pediatric RCTs testing IF within behavioral weight-management programs, though these rarely included a supervised exercise intervention. Several protocols and feasibility studies are underway. In contrast, young adult RCTs provide clearer evidence of additive benefits of IF and exercise on body composition and metabolic health. The paucity of pediatric RCTs highlights the need for well-designed trials that integrate IF with structured physical activity.

Keywords: Intermittent Fasting, Physical Activity, Overweight, Adolescents