

# Make your next **workout fun**

Think of your next exercise workout as a “fun run” or as a well-deserved break, and you’ll eat less afterward. By thinking of it as exercise or as a workout, you’ll later eat more dessert and snacks to reward yourself.

These new findings from the Cornell Food and Brand Lab involved two studies where adults were led on a 2 km walk around a small lake and were either told it was going to be an exercise walk or a scenic walk. In the first study, 56 adults completed their walk and were then given lunch. Those who believed they had been on an exercise walk served and ate 35% more chocolate pudding for dessert than those who believed they had been on a scenic walk.

In the second study, 46 adults were given mid-afternoon snacks after their walk. Those thinking they had taken an exercise walk ate 206 more calories of M&Ms, which was over twice as much as those who had been told they were on a scenic walk.

Together, these studies point to one reason why people in exercise programs often find themselves gaining weight. Some exercisers have a tendency to reward themselves by overeating after their workout.

For beginning or veteran exercisers, the bottom line is this: “Do whatever you can to make your workout fun. Play music, watch a video, or simply be grateful that you’re working out instead of working in the office,” said Brian Wansink, author and Director of the Cornell Food and Brand Lab. “Anything that brings a smile, is likely to get you to eat less,” he added.

