

Body Fitness Prediction

Exercise is an important health behaviour. Expressed reasons for participation are often delayed outcomes i.e. health threats and benefits, but also enjoyment. However, we do not know how people evaluate exercise as a reward. Delay discounting rates (k) indicated that exercise was discounted like other consumable rewards at the same rate as food and more rapidly than monetary rewards.

Significant associations were detected of k_{ex} with preferred speed and with extrinsic exercise motivation. Exercise training ($n = 16$) reduced k_{ex} specifically, not affecting k_{fo} . Our studies show, that participants perceived and discounted self-paced walking/running like a consumable reward. Exercise discounting was quicker in individuals who preferred lower speeds being less physically active and exercise training reduced the decay rate of exercise specifically.