

# Do Overweight Girls Overreport Physical Activity?

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**Objective:** To determine if overweight adolescent girls are more likely to overreport physical activity compared to normal-weight girls. **Methods:** Participation in physical activities and perceived intensity of activities were assessed from the previous day physical activity recall (PDPAR) in 1021 girls aged 11-14 years old (37% overweight). Daily minutes of moderate to vigorous physical activity (MVPA) were measured

using accelerometry. **Results:** Girls in the “at-risk for overweight” and “overweight” categories had 17.7% and 19.4% fewer minutes of MVPA per block reported on the PDPAR compared to normal-weight girls ( $P < 0.05$ ). **Conclusions:** Overweight adolescent girls tend to overreport their total amount of physical activity.

**Key words:** adolescents, accelerometry, exercise

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