

# Leisure-Time Physical Activity and Obesity in Black Adults in Indianapolis

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**Objective:** To examine the relationship between the total volume of leisure-time physical activity (LTPA) and obesity among African American adults in Indianapolis. **Methods:** Logistic regression analysis with 649 African American adults. **Results:** The data show an inverse graded relationship between the total volume of LTPA and obesity for African American women, but not for

men. **Conclusions:** African American women who accumulate a high volume of LTPA (ie, 300 minutes or more per week) are less likely to be obese. Further research is needed to investigate the gender difference in the effect of LTPA on obesity.

**Key words:** obesity, leisure-time physical activity, African American adults

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