Objective. The primary purpose of this study was to determine the impact of two exercise dosages on reducing adiposity in minority girls. Materials and methods. Sixty-two overweight Hispanic and African-American girls participated in one of two intense summer interventions in Houston, TX: Intervention A (exposure to about 40 hours physical activities) or Intervention B (exposure to 60 hours of physical activities). Adiposity indices (percent body fat, waist circumference, body mass index) were taken pre- and post-intervention. Results. Intervention B had a significantly greater decrease in adiposity indicators ($p=0.006$) when compared to Intervention A. Waist circumference displayed the most significant decrease ($p=0.001$). Both interventions significantly increased daily minutes of moderate-to-vigorous physical activity ($p=0.020$). Conclusions. Intense physical activity interventions may effectively reduce abdominal fat in minority girls.

Keywords
Physical activity, body mass index, adipose tissue, abdominal fat.