

Effects of Early Time-Restricted Eating (eTRE) on Postural Mobility, Body Composition, and Energy Intake in Judo Athletes

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INTRODUCTION & AIM

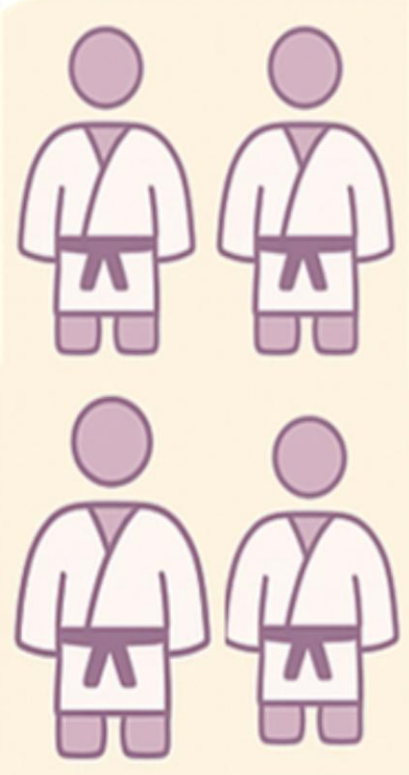
Maintaining balance, agility, and optimal body composition is critical in judo; however, the potential role of nutritional strategies, such as early time-restricted eating (eTRE), in enhancing these factors has not been fully explored.



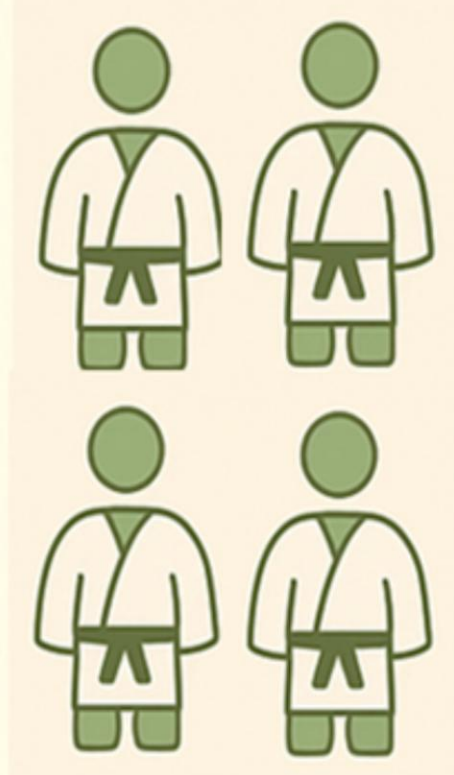
This study aimed to investigate the impact of eTRE on postural mobility performance in judo athletes, as well as its effects on anthropometric measures and daily energy intake.

METHOD

In this randomized controlled trial, twenty-four young judokas were randomly assigned to either an experimental group (EXP, age: 21.58 ± 2.19 years, height: 175.58 ± 5.99 cm, weight: 74.33 ± 5.4 kg, $n = 12$) or a control group (CON, age: 22.33 ± 1.92 years, height: 176.08 ± 6.30 cm, weight: 75 ± 6.79 kg, $n = 12$). Participants completed two test sessions assessing postural mobility using the Walk Across (WA) test, conducted before (T1) and after (T2) a 4-week eTRE intervention. Anthropometric measures and daily energy intake were also recorded.



Experimental group
eTRE



Control group
Normal diet

ASSESSMENTS (conducted at T1 = before and T2 = after the intervention):

- Postural mobility test: Walk Across (WA)
- Anthropometric measurements
- Daily energy intake

RESULTS & DISCUSSION

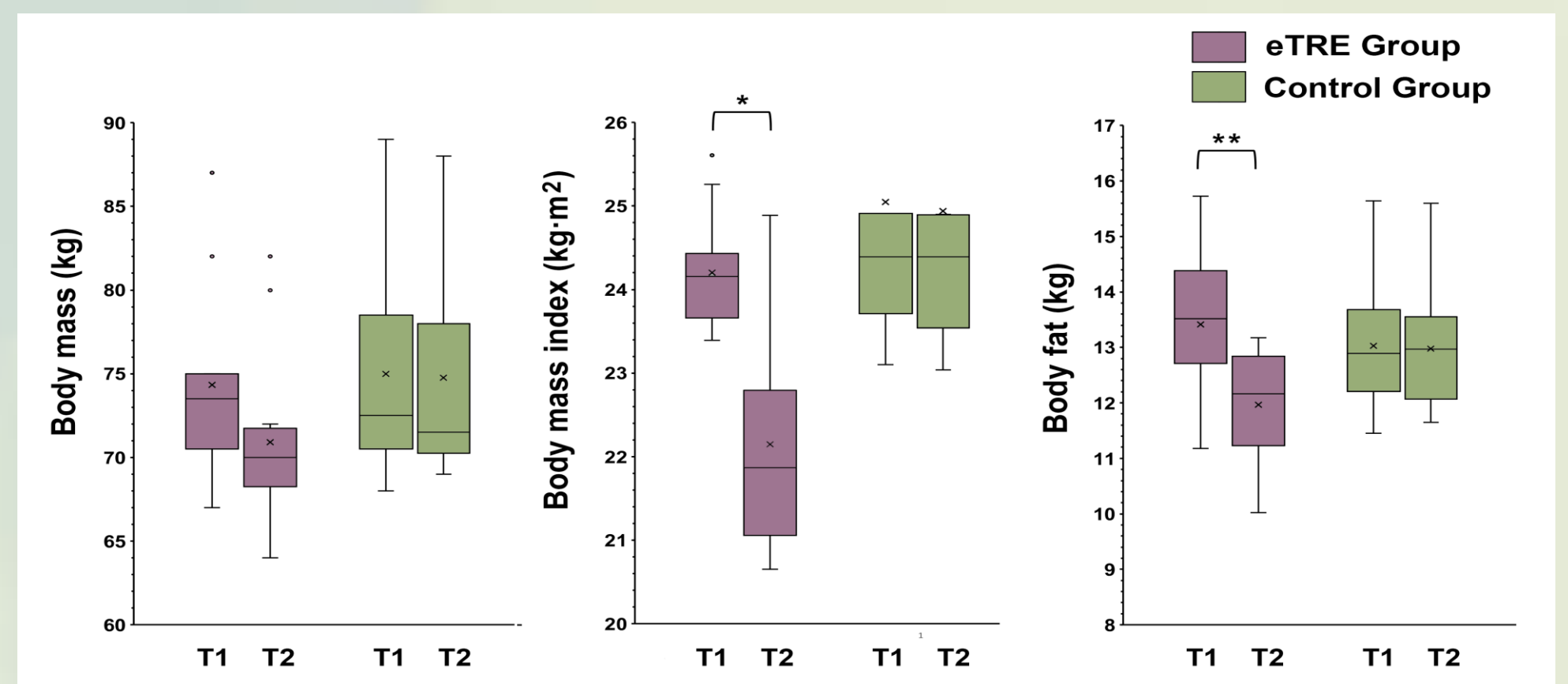


Figure 1. Body mass, body mass index and body fat distribution before (T1) and after (T2) eTRE intervention.

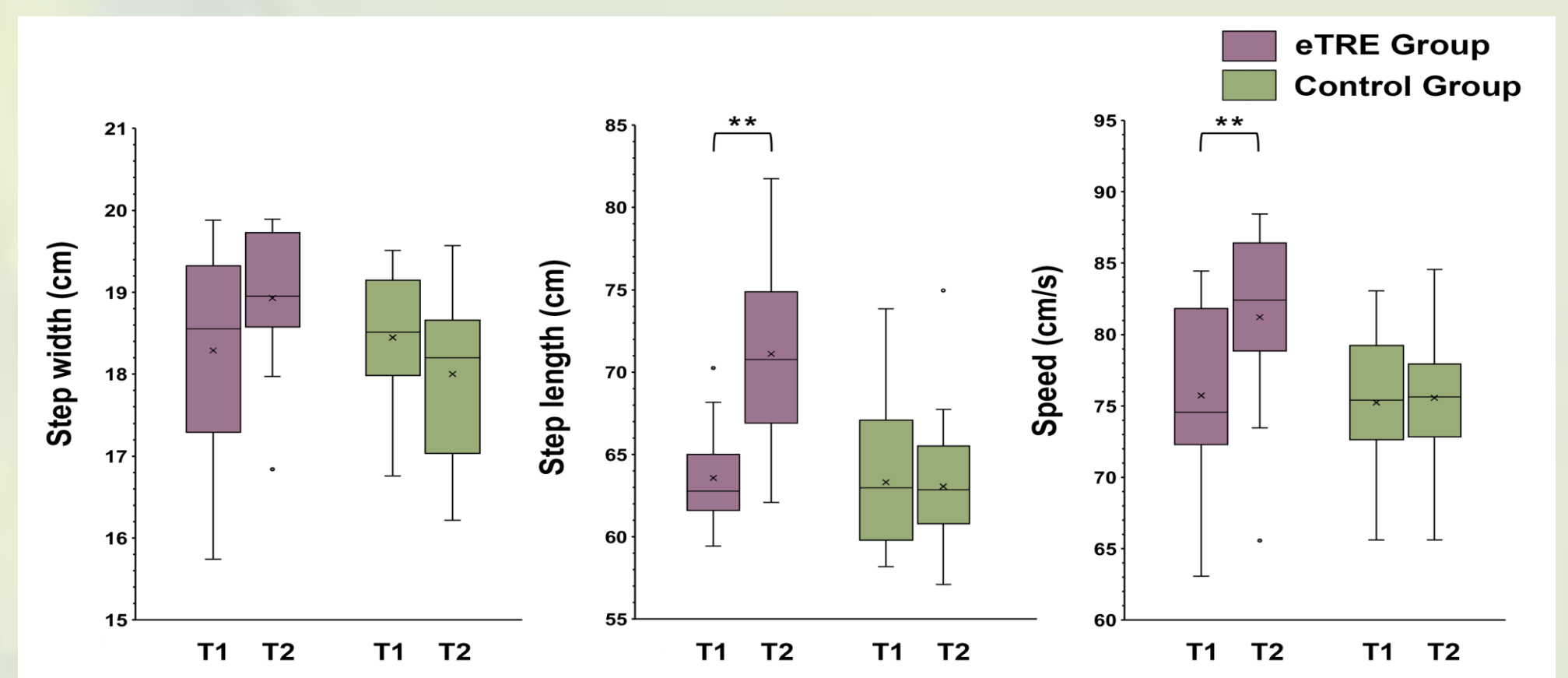


Figure 2. Step width, Step length and speed before (T1) and after (T2) eTRE intervention.

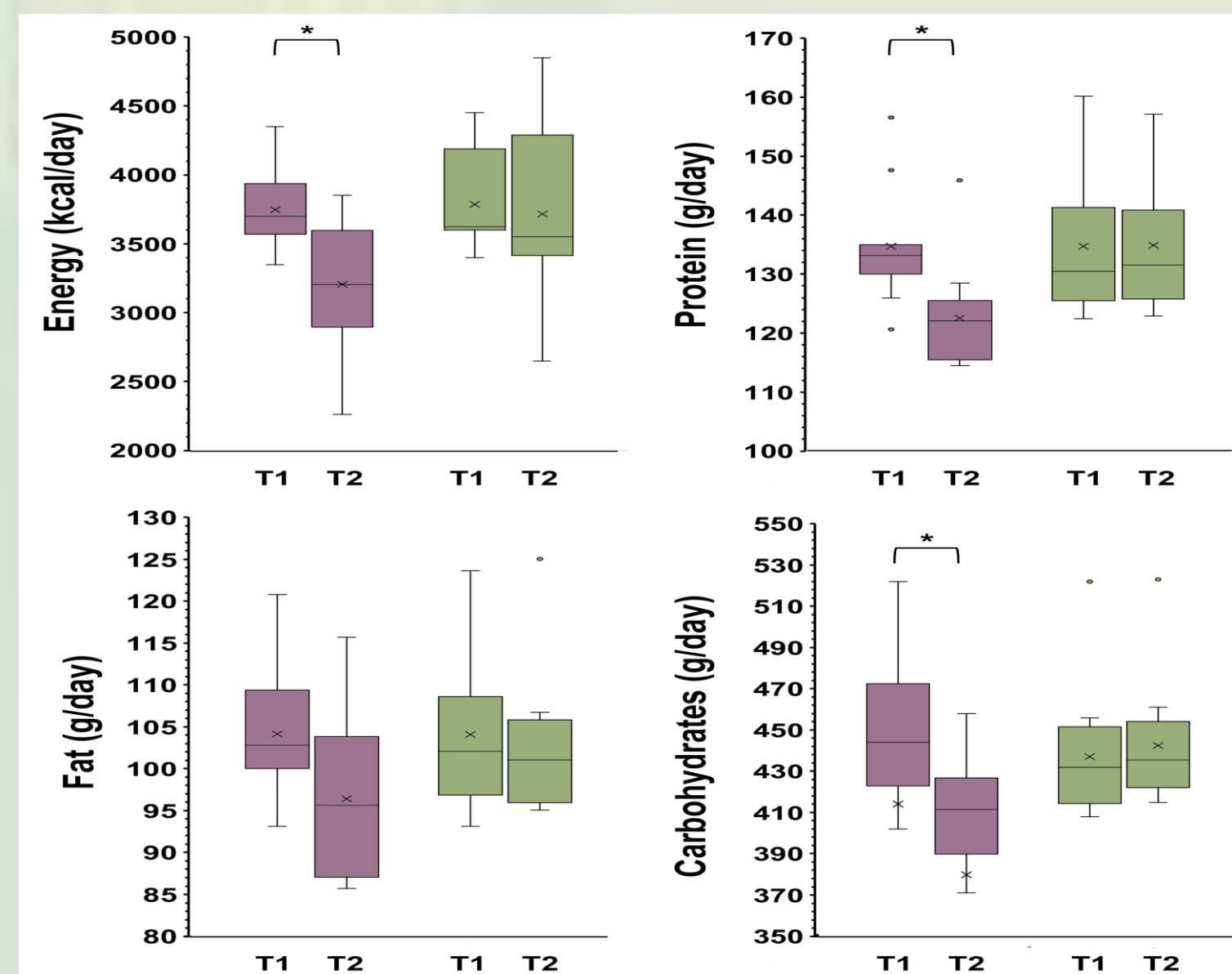


Figure 3. Dietary Intake before (T1) and after (T2) eTRE intervention.

CONCLUSION

While eTRE may reduce body mass and fat, it also appears to enhance postural mobility performance in judo athletes without affecting step width.

FUTURE WORK / REFERENCES

- GUERRISI, C. Effetti di un protocollo di Time Restricted Eating sulla performance di Forza e di Resistenza in giovani adulti. **2025**.
- Pococco, E.; Schneider, F.; Stavrinou, P.S.; De Créé, C.; Burtscher, J. Fasting in Judo—Between Healthy Weight Control and Health Hazard: A Narrative Review. *Obesities* **2024**, *4*, 453–467.