

# Identifying Food Practices and Nutrition Knowledge in Gym Members



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## Introduction:

Gym members aim to enhance their physical status with varying degrees of nutrition knowledge and habits. Nutrition information could be obtained from various sources that may not be evidence-based.

## Objective:

The objective of this study was to examine the nutrition knowledge of individuals who attend the gym a minimum of 4 days per week.

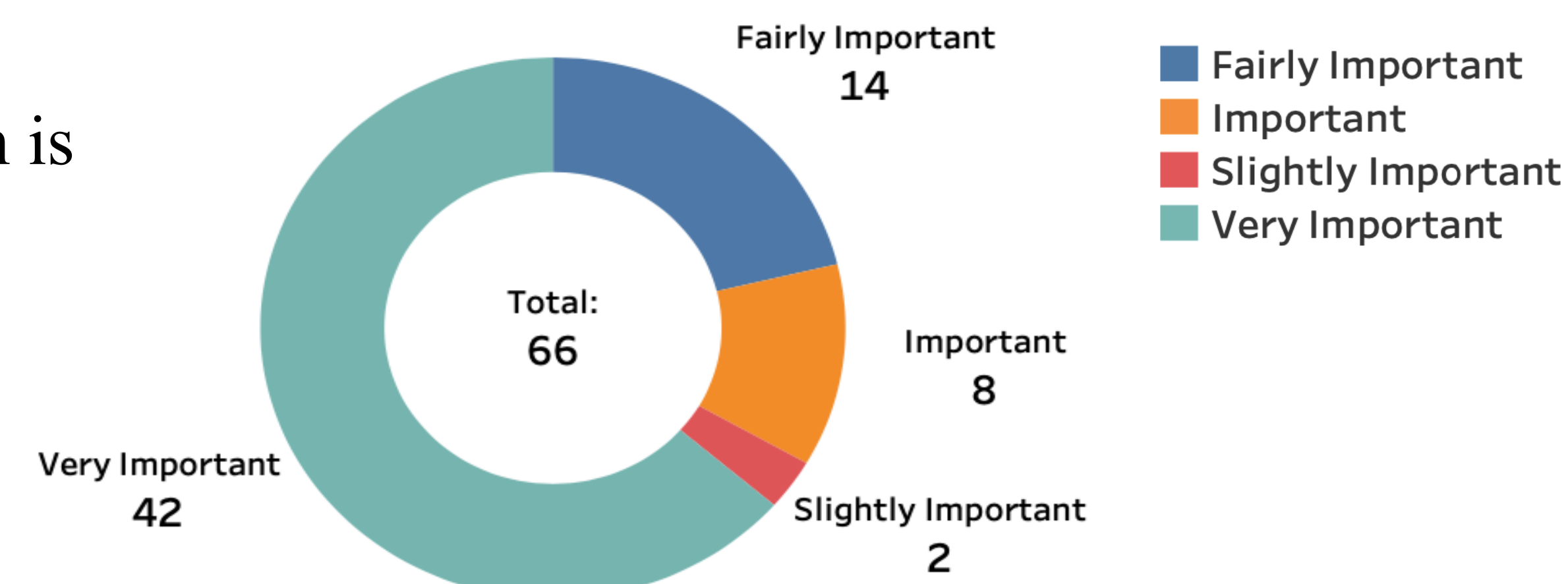
## Methodology:

- A total of 66 gym members who attend the gym at least 4 days a week at one local gym.
- A validated 19-question cross-sectional survey was administered through Qualtrics.

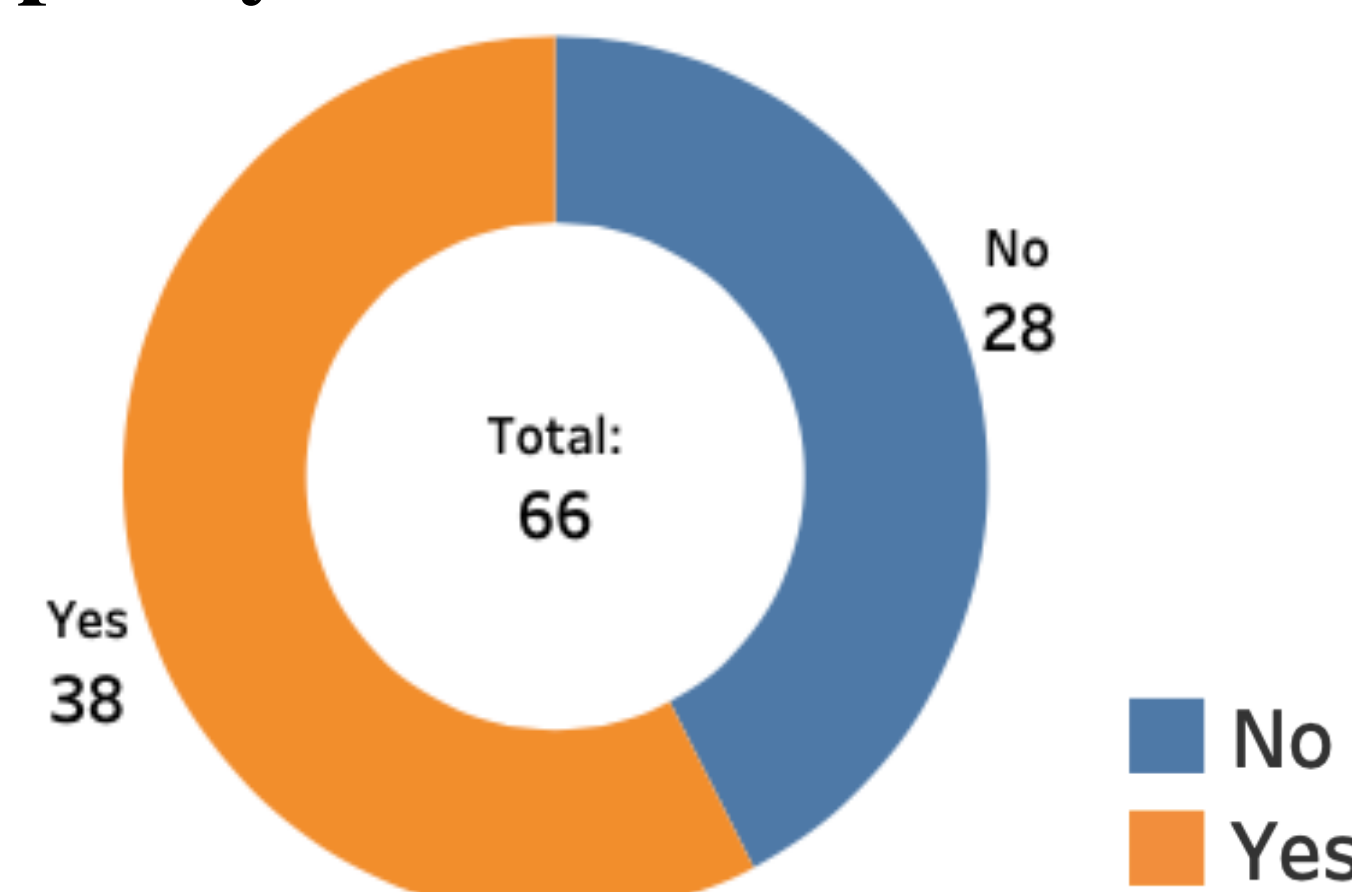
## Results:

### How important do you believe nutrition is for your performance?

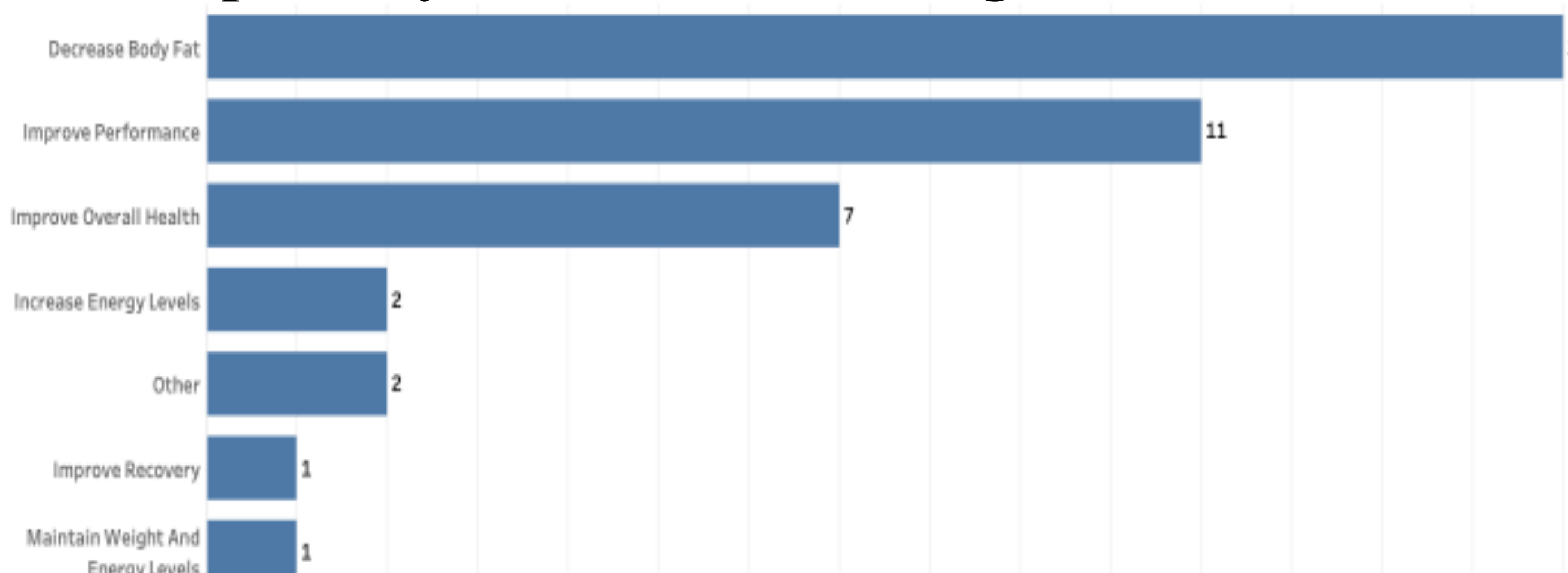
The majority (63.6%) of the 66 participants believed that nutrition is very important for performance.



### Do you follow a specific diet to support your workouts?

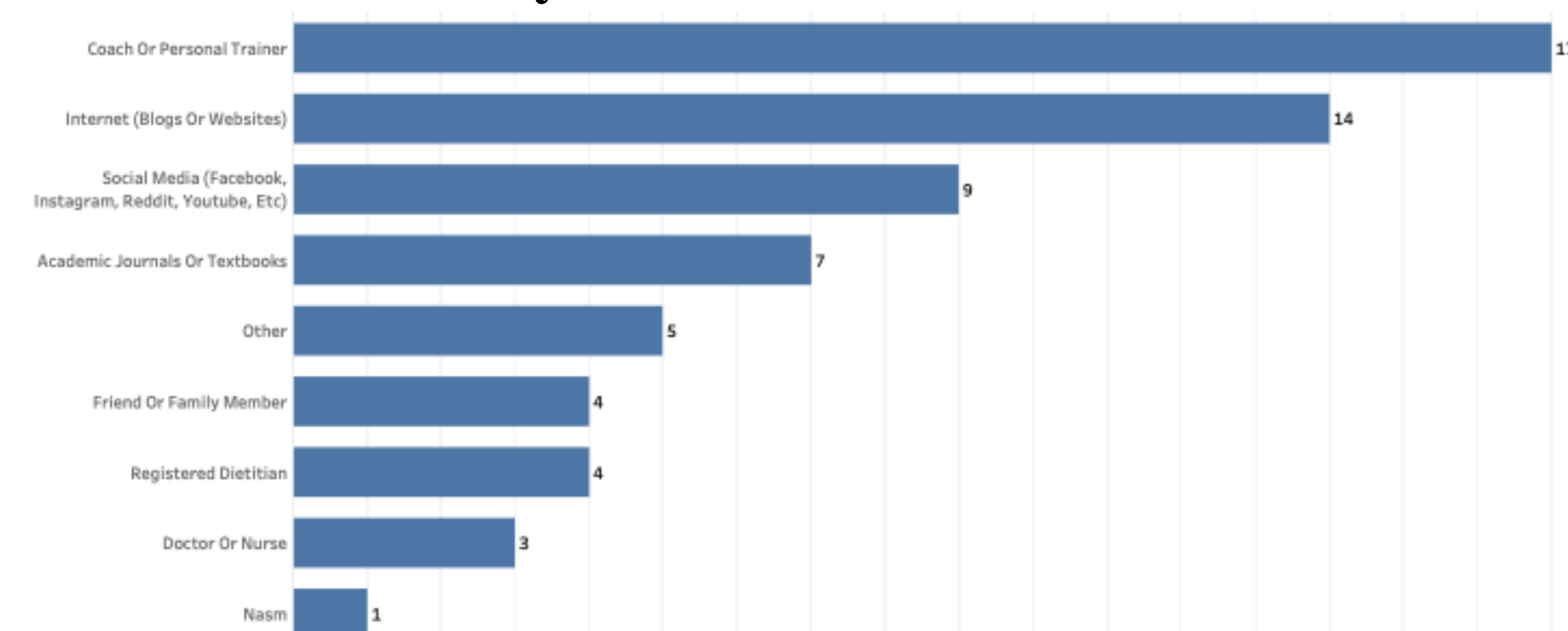


### Based on the diet(s) you selected, what is your primary reason for following that diet?



- Those that followed diets primarily chose calorie counting and/or macro-counting (55.3%).
- Their primary reason for following their selected diet was to decrease body fat and to improve performance.

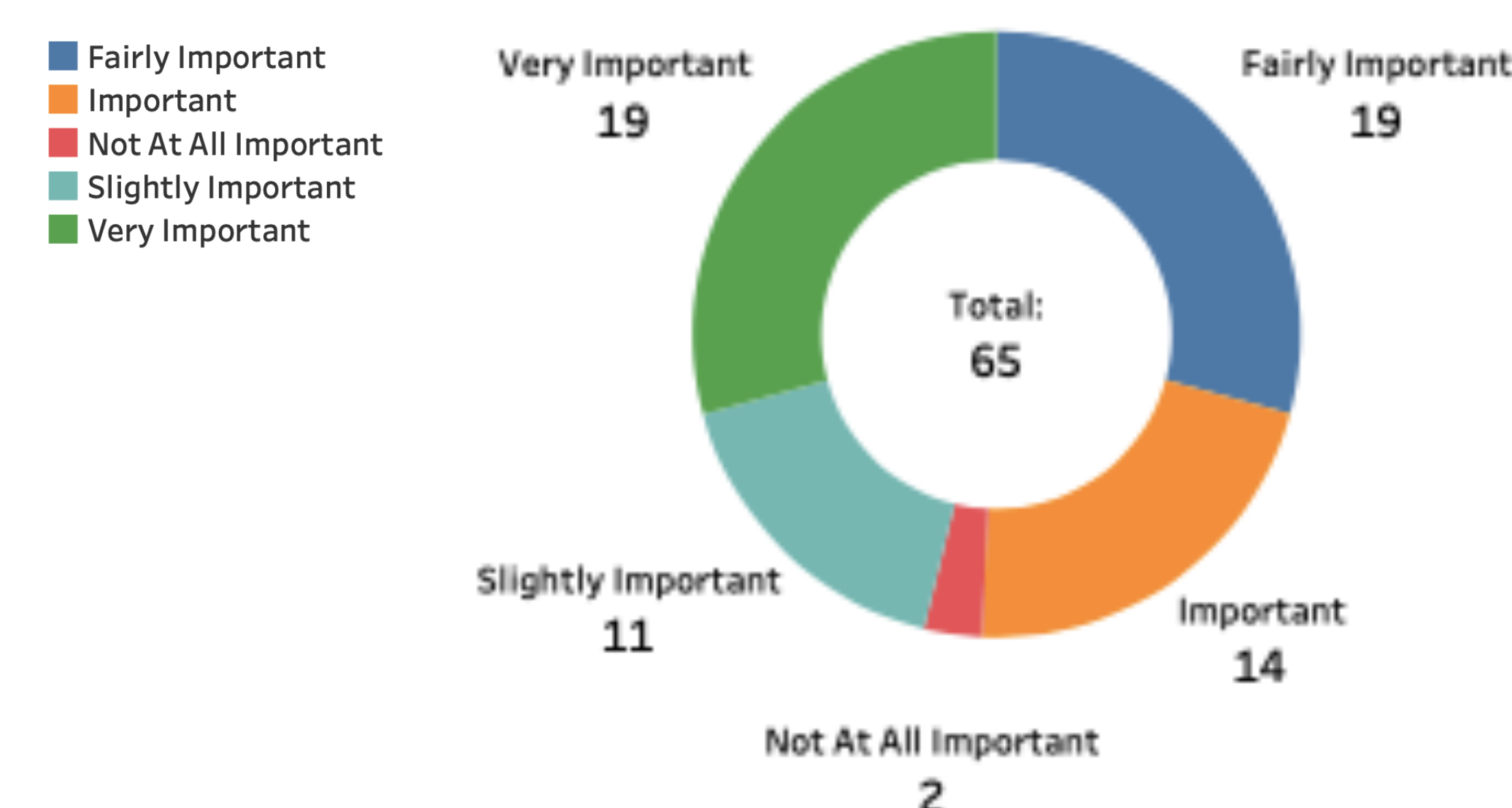
### From where do you get most of your information about your diet?



- Most participants who followed diets stated that their diet information came from a coach or personal trainer, the internet, and/or social media (81.6%).
- A smaller number of individuals chose academic journals or textbooks and/or registered dietitians (21.1%).

### How important do you believe supplements are for your performance?

More than half of the total participants believed that supplements are either very important or fairly important for performance. (57.6%)



## Conclusion:

Based on their preferred sources of nutrition information, gym members may be prone to misinformation. Since most gym members rate nutrition and supplements as important for performance, this may indicate opportunities for dietitians to provide evidence-based information and individualized support. More research is needed to determine the best methods of support for this population.

## Related Literature:

Sharif S, Mohammed A, Mohammed IM. Evaluation of knowledge, attitude and use of dietary supplements among people exercising in the gym in Sharjah- United Arab Emirates. *Phys Med Rehabil Res*. Published January 2018. Accessed November 11, 2023. DOI:[10.15761/PMRR.1000188](https://doi.org/10.15761/PMRR.1000188)

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