

## عنوان مقاله:

The Effect of Six-weeks Pilates Exercise and Cumin Extract Consumption on Lipid Profile and Insulin Resistance Index in Obese and Overweight Women

## محل انتشار:

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## خلاصه مقاله:

**Background:** The aim of this study was to investigate the effect of six weeks of Pilates training with Cuminum Extract consumption on lipid profiles and insulin resistance index in overweight and obese women. **Methods:** In this quasi-experimental study, ۴۸ women with an average weight of  $91.4 \pm 4.7$  kg and body mass index of  $32.0 \pm 3.3$  kg/m<sup>2</sup>, were randomly divided into the four groups (n=۱۲) of Pilates training, Pilates training and cumin, Cumin and control. Then, the experimental group performed ۳, ۴۰ minute Pilates training sessions a week for six weeks. ۱۰ cc Cumin extract was consumed before each meal. Data analysis was done using paired t-test to compare intra-group changes and ANOVA for between group differences. **Results:** There was a significant decrease in serum triglyceride, cholesterol, LDL and insulin resistance and also a significant increase in serum HDL levels in both Pilates training and Pilates training + cumin regimen groups. Glucose level decreased significantly only in the Pilates and cumin group. **Conclusion:** It seems that participation in Pilates training plus cumin, can improve lipid profiles and insulin resistance in obese and overweight people.

## کلمات کلیدی:

Pilates, Obese women, Cumin extract, Lipid serum, insulin resistance

## لینک ثابت مقاله در پایگاه سیویلیکا:

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