

عنوان مقاله:

The Effect of Running Exercise on some Novel Atherosclerosis Risk Factors in Middle Aged Men

محل انتشار:

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خلاصه مقاله:

Background: Fibrinogen, CRP and resistin are three novel cardiovascular risk factors. The aim of this study was to examine the effects of an eight weeks' aerobic exercise program on concentrations of these factors in healthy and overweight middle-aged men. Methods: Thirty inactive middle-aged men whom their BMI was between ۲۵ and ۳۰ were randomly assigned into experimental and control groups (each group ۱۵ participants). Participants of the experimental group accomplished eight weeks (three sessions per week) aerobic exercise with intensity of ۵۰ to ۷۰ percent of their maximum heart rate. Weight, body fat percent, fibrinogen, CRP and resistin level of participants were recorded before and after the trainings. Obtained data were analyzed using independent samples T test. Results: After trainings results showed a significant reduction of weight ($P=0/000$), BMI ($P=0/000$), body fat percent ($P=0/00۲$), fibrinogen ($P=0/000$) and CRP ($P=0/000$) and significant elevation of resistin ($P=0/000$) in the experimental group ($P\leq 0.05$). Conclusion: Overall, eight weeks regular aerobic training decreases atherosclerosis risk through reduction of weight, body fat, fibrinogen and CRP.

کلمات کلیدی:

Exercise, Weight Loss, Fibrinogen, C-Reactive Protein, Resistin

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