

عنوان مقاله:

The Effect of a Selected Aerobic Exercise Program on Body Composition, Lipid Profile and Workability Index of Overweight and Obese Employees

محل انتشار:

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خلاصه مقاله:

Purpose: The purpose of this study was to examine the effect of 12 week a selected aerobic exercise program on body composition, lipid profile, and working ability of employees involved overweight and obese. **Method:** In this semi-experimental study with pre-test, post-test design and control group, 65 overweight employees were selected by purposive sampling method and randomly assigned to exercise and control groups. Then aerobic exercise program three sessions per week and each session 65-50 minutes, was performed for 12 weeks for the experimental group. The control group did not have such an intervention. Body composition indices, workability index and, lipid profile were measured before and after the training protocol for both groups. Data were analyzed using the covariance test (ANCOVA). **Results:** The results showed that aerobic exercise significantly reduced body composition indices, including (fat percentage, body mass index, and waist to pelvic ratio) and total cholesterol, triglyceride, low-density lipoprotein (LDL) the exercise group compared with the control group. The levels of high-density lipoprotein (HDL) and the ability to work index of the exercise group also increased ($P < 0.05$). **Conclusions:** The results indicated that aerobic exercise could improve body composition, lipid profile and workability index, and prevented contracting chronic diseases, reducing their ability to work, and retiring early in overweight and obese employees.

کلمات کلیدی:

body composition, lipid profile, Workability, Overweight, Obese

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