

## عنوان مقاله:

Effects of High Intensity Interval Training and Intermittent Fasting on VEGF Gene Expression in the Cardiac Muscle Tissue of Obese Male Rats

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** The present study aim to investigate the combined effect of high intensity interval training (HIIT) and intermittent fasting (IF) on the expression vascular endothelial grow factor (VEGF) gene in the cardiac muscle tissue of obese male rats. **Methods:** This study was conducted on ۲۲ male Wistar rats that were kept on high fat -diet for ۱۲ weeks. Afterwards the animals were randomly divided into four groups, including control, HIIT (three session for six week, ۸۰ - ۹۵% MRT), IF (three days for six week, ۱۲h ours) and HIIT with IF (both protocols for six week). Real-time polymerase chain reaction (RT- PCR) was used to measure VEGF gene expression. Data analysis was performed using one –way analysis of variance ANOVA least significance test ( $p < 0.05$ ). **Results:** no significant difference was observed between the groups VEGF expression ( $p > 0.05$ ). **Conclusion:** According to the results HIIT with IF and HIIT or IF alone had no significant effects on not significant on VEGF expression in the cardiac muscle tissue of the obese .male rats

## کلمات کلیدی:

HIIT, IF, Cardiac, Angiogenesis, VEGF

## لینک ثابت مقاله در پایگاه سیویلیکا:

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