

عنوان مقاله:

The Effect of Eight-Week Total Body Resistance Exercise on Liver Functional Parameters in Patients with Non-Alcoholic Fatty Liver Disease

محل انتشار:

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خلاصه مقاله:

Background: Non-alcoholic fatty liver disease (NAFLD) is a growing health problem and a serious risk factor for other diseases such as diabetes and heart disease. **Objectives:** The aim of this study was to investigate the effects of eight-week total body resistance exercises (TRX) on liver functional parameters in patients with NAFLD. **Methods:** In this semi-experimental study, ۲۲ men with NAFLD were randomly divided into TRX training ($n = ۱۱$) and control ($n = ۱۱$) groups. The TRX group participated in a TRX training program for eight weeks (three sessions per week, ۶۰ minutes per session). The body composition, anthropometric indices, liver fat content, and serum levels of alanine aminotransferase (ALT), aspartate aminotransferase (AST), and alkaline phosphatase (ALP) were measured by the enzymatic method before and after the training period. **Results:** After TRX training, the liver fat content in the TRX group was significantly lower than in the control group ($P = ۰.۰۰۱$). Furthermore, the serum levels of ALT, AST and ALP significantly decreased in the TRX group, compared to the controls ($P < ۰.۰۵$). In addition, TRX training significantly reduced body weight, body mass index (BMI), fat percentage, and waist-to-hip ratio ($P < ۰.۰۵$), while no significant changes were observed in the control group ($P > ۰.۰۵$). **Conclusions:** TRX training could be effective in improving liver fat content and reducing the serum levels of liver enzymes in men with NAFLD and can play a role in the management of this condition.

کلمات کلیدی:

TRX, Liver Enzymes, Liver Fat, Non-Alcoholic Fatty Liver Disease

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