

## عنوان مقاله:

Concurrent Exercise Training on Appetite Suppressant Hormones in Overweight Women

## محل انتشار:

فصلنامه فیزیولوژی ورزشی و آمادگی جسمانی، دوره 1، شماره 2 (سال: 1400)

تعداد صفحات اصل مقاله: 11

## نویسندگان:

Maryam Takhti - *PhD Student of Exercise Physiology, Department of Physical Education and Sport Sciences, Sciences and Research Branch, Islamic Azad University, Tehran, Iran*

Samira Feridoni - *Master of Exercise Physiology, Department of Physical Education and Sport Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran*

Behzad Divkan - *Assistant Professor of Sport Management, Department of Physical Education and Sport Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran*

Mostafa Rahimi - *Assistant Professor of Exercise Physiology, Department of Sports Science, Faculty of Humanities, Shahrekord University, Shahrekord, Iran*

## خلاصه مقاله:

Background: Concurrent exercise training is one of the most practical training methods for the development of physical fitness factors. Therefore, the aim of this study is to investigate the effect of concurrent training on appetite suppressant hormones (leptin, Peptide YY and insulin) in overweight women. Materials and Methods: The purpose of this research is semi-experimental research with pre-test/post-test design. In this study, among overweight women ( $BMI \geq 25$ ), 30 participants were purposefully selected and randomly divided into 2 groups of 15, including concurrent training and control group. The training protocol in this study was performed for 8 weeks and 3 sessions per week with a duration of 90 minutes per session every other day. To determine the difference between two groups, an independent t-test was used and the covariance test was used to analyze, at a significant level ( $P \geq 0.05$ ). Results: The results showed that there was a significant decrease between the pre-test and post-test stages of fat percentage variables, leptin hormone, insulin hormone, body mass index ( $P < 0.05$ ), And significant increase of maximum oxygen consumption, Peptide YY ( $P < 0.05$ ). Conclusion: It seems Concurrent Exercise Training in overweight women reduces weight and improves appetite-related hormones.

## کلمات کلیدی:

Concurrent Exercise Training, Insulin, Leptin, Peptide YY

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1501652>



