

عنوان مقاله:

Long-term effect of endurance training with myoclinic diet and calorie control on fat profile of overweight women

محل انتشار:

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خلاصه مقاله:

Background: The aim of this study was to investigate the long-term effect of endurance exercise combined with myoclinic diet and Calorie restriction on the lipid profile of overweight women. **Materials and Methods:** The method of the present study was semi-experimental with a pretest-posttest design. For this purpose, ۴۵ women referred to the Tehran Region ۱ Fitness Club with a body mass index (BMI) between ۲۵ and ۳۰ and in the age group of ۳۵ to ۴۵ years voluntarily participated in this study. Subjects were homogeneously divided into three groups of ۱۵ people based on weight, height and body mass index, including the endurance training group with myoclinic diet, the endurance training group with Calorie restriction and the endurance training group alone. Endurance exercise was three sessions per week for eight weeks. The program, ۳۰ minutes of aerobic exercise, starting at ۶۵% of maximum heart rate and increasing by ۵% every two weeks until it reached ۸۰% of maximum heart rate in the last week. The recommended diet for the endurance training groups with the Myoclink diet and the endurance training group with the Calorie restriction was given. Endurance training was also asked not to change their normal diet. Subjects' lipid profiles were measured before and after the training protocol. One-way ANOVA use for data analyses. **Results:** The results showed that in overweight women endurance training combined with myoclinic diet and endurance training combined with Calorie restriction improve the lipid profile (lowering total cholesterol, LDL cholesterol and triglyceride levels and Also, there was no significant difference between the (increasing HDL) more than endurance training alone. ($P \leq 0.05$ effect of endurance training with myoclinic diet and endurance training with Calorie restriction on improving lipid profile. ($P \geq 0.05$) **Conclusion:** Combining endurance training with myoclinic diet or calorie control can be effective in improving the fat profile.

کلمات کلیدی:

endurance exercise, myoclinic diet, Calorie restriction, lipid profile

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