

## عنوان مقاله:

The Effect of Three Months of Aerobic Training on Serum Levels of Adiponectin and Resistin in Obese Men

## محل انتشار:

مجله گزارش بهداشت و درمان, دوره 3, شماره 1 (سال: 1396)

تعداد صفحات اصل مقاله: 8

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## خلاصه مقاله:

**Introduction:** Nowadays, obesity is one of the major health problems in the world which is associated with lipid disorders and inflammatory profile. The aim of the present study was to determine the effect of three months of aerobic training on serum levels of adiponectin and resistin in obese men. **Methods:** In this quasi-experimental study, ۲۴ middle-aged obese men who previously had an inactive lifestyle were selected through convenient sampling in Larestan and were then randomly assigned to one experimental group (performing aerobic training three sessions per week for three month) and one control group (with no training). Fasting levels of serum adiponectin and resistin were measured in both groups before and ۴۸ hours after the last training session. Independent samples t-test and paired samples t-test were used to determine the intra- and inter-group changes. The level of significance was set at ( $p \leq 0.05$ ). **Results:** The results revealed that three months of aerobic training led to a significant decrease in participants' body fat percentage, body mass index, and weight ( $p < 0.05$ ). Furthermore, though there were no significant changes in the resistin levels ( $p = 0.34$ ), serum levels of adiponectin ( $p = 0.04$ ) were significantly increased after aerobic training. **Conclusion:** It is expected that a ۳-month aerobic training with an intensity of ۶۰-۸۰% maximum heart rate could increase the serum levels of adiponectin in the middle-aged men due to improved homeostasis and fat metabolism.

## کلمات کلیدی:

Adiponectin, Training, Obesity, Resistin

## لینک ثابت مقاله در پایگاه سیویلیکا:

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