

عنوان مقاله:

Synergic effect of aerobic exercise training (Moderate Intensity) and Soya Intake on Blood Pressure & Rest Heart Rate in Obese Postmenopausal Women

محل انتشار:

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نویسنده:

A. Zarneshani

خلاصه مقاله:

Introduction: In synergic effect of exercise training on reducing cardiovascular disease, soy is a useful source of food in reducing blood pressure and control of heart rate. The purpose of this study was to investigate the synergic effect of short aerobic moderate intensity exercise and soya intake on blood pressure & rest heart rate in obese postmenopausal women. **Methods:** The present study is a randomized controlled clinical trial in which, 56 obese postmenopausal women randomly divided into four groups (exercise-soya, exercise, soya, and control group). Exercise groups participated in a moderate intensive exercise program for ten weeks, three times (each one, 60 min.) a week with intensity of about 60%-70% maximum heart rate (MHR). The subjects of soya groups had a 100 gram soya nut intake daily for 10 weeks. Before beginning of the exercise training and ten week later, the parameters blood pressure, rest heartbeat, weight and body mass index were measured. Using statistical methods (t test and ANOVA Tow Vey) the data were analyzed. **Results:** In soy exercise group, before and after the intervention (exercise), the mean of diastolic blood pressure (DBP), systolic blood pressure (SBP), were 87.1 ± 20.7 mmHg and 114.4 ± 16.8 mmHg ($P < 0.05$), 137.2 ± 12.5 mmHg and 130 ± 11.00 mmHg ($P < 0.05$), respectively and in exercise group, Before and after the intervention (exercise), mean of diastolic blood pressure (DBP), systolic blood pressure (SBP), were 89.8 ± 12 mmHg, 144.7 ± 10.9 mmHg ($P < 0.05$) and 130 ± 13.9 mmHg, 127.2 ± 7.2 mmHg ($P > 0.05$), respectively. In the cases of resting heart rate, weight, and body mass index, no significant reduction was observed. **Conclusion:** Based on these results, the moderate intensity aerobic exercise is an effective method for the control of blood pressure in obese postmenopausal women.

کلمات کلیدی:

Soya, Blood Pressure, Menopause, Soya, Blood Pressure, Menopause

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