

عنوان مقاله:

A Comparison of the Effects Continuous and Interval Exercises on Fibrillin-1 and Asprosin in Obese Male Rats

محل انتشار:

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خلاصه مقاله:

Introduction: Obesity is still a health problem for humanity. Although the favorable role of exercise on weight loss has been reported. But the effect of the type of exercise is still unclear. The present study compared the effects of continuous exercise (CE) and interval exercise (IE) on fibrillin-1 and asprosin in obese male rats. **Methods:** Forty- eight male rats were divided into six groups including 1) obese IE, 2) obese CE, 3) healthy IE, 4) healthy CE, 5) obese control and 6) healthy control. Groups 1- 4 performed exercises for 8 weeks and 72 hours. Insulin resistance index, fasting glucose, insulin, fibrillin-1 and asprosin were measured after the last training session. Data analysis was performed by Two-way analysis of variance and Kruskal-Wallis tests with SPSS software ($P \leq 0.05$). **Results:** There were significant differences in insulin resistance ($P=0.001$), fibrillin-1 gene expression ($P=0.001$), fasting glucose ($P=0.001$), asprosin serum levels ($P=0.001$), and insulin ($P=0.002$) levels between obese IE, obese CE, healthy IE, healthy CE, obese control and healthy control groups. **Conclusions:** Although obesity increased fibrillin-1 and asprosin, but IE and CE decreased fibrillin-1 and asprosin. Thus, IE and CE can be used for controlling fibrillin-1 and asprosin levels. IE and CE can be considered as effective methods to reduce weight in obesity

کلمات کلیدی:

Asprosin, Exercise, insulin resistance, Fibrillin-1, Obesity

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