

عنوان مقاله:

Survey of Cardiovascular Risk Factors Changes in Response to Endurance, Resistance, and Compound Training in Inactive Obese Children

محل انتشار:

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خلاصه مقاله:

Current changing lifestyles of Iranian, specially childhood, can affect their risk of developing cardiovascular diseases. The aim of this study was to survey of cardiovascular risk factors changes in response to endurance, resistance, and compound training in inactive obese children. 60 obese male children (age: 8-12 years old, BMI between 30-35) were purposefully chosen and randomly divided into four groups of 15 individuals containing endurance exercise, resistance exercise, compound exercise (endurance and resistance training separately) and control. Exercise programs were performed 4 times per week for 8 weeks, with a similar duration and intensity in all types of exercise training groups. Blood sampling was accomplished after 14 hours fasting and 24 hours before exercise trainings and 48 hours after the last training session. To assess variable changes in four groups was used ANOVA with repeated measurement and one way ANOVA by use SPSS software, version 21. Results showed that three types of exercise training significantly decreased fasting glucose, BMI, TC, TG, LDL, VLDL, TC/HDL, and LDL/HDL and increased HDL (P0.001). Endurance training method compared to resistance and compound training methods had most effective on improving these variables, significantly had no affect ankle-brachial index (P0.05). Therefore, three types exercise training that use this research, specially endurance training method can be considered as a suitable and non-medication method to prevent and decrease the occurrence of cardiovascular diseases and obesity-related disturbances in obese children.

کلمات کلیدی:

Exercise Training, Cardiovascular Risk Factors, Lipid Profile, Fasting Blood Glucose, Ankle-Brachial Index

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