

## عنوان مقاله:

A Single Circuit-Resistance Exercise Effects on Inflammatory Markers of Atherosclerosis; hs-CRP and Homocysteine in Women

## محل انتشار:

دوماهنامه بین المللی علوم کاربردی در تربیت بدنی، دوره 1، شماره 1 (سال: 1395)

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## خلاصه مقاله:

**Background & Objective:** Cardiovascular diseases such as atherosclerosis are considered as the main causes of mortality in today's industrial world. Increase of the basal level of high sensitive C-reactive protein (hs-CRP) and Homocysteine have been introduced as the main and independent next major risk factors for cardiovascular disease. The purpose of this study was to investigate the effect of a single circuit-resistance on blood levels of these inflammatory markers in overweight women. **Material & Methods:** Twenty one subjects were randomly assigned into experimental and control group. The exercise program included nine stations with 40% one-repetition maximum subjects. Blood levels of hs-CRP and Homocysteine were measured before and immediately after exercises. Dependent t and independent t were used in the two groups and between the groups respectively to compare pre-test and post-test data. **Result:** the findings indicated that, the levels of hs-CRP and Homocysteine after exercise had a significant increase compared to before the exercise ( $P < 0.05$ ). The variations were also significant compared to the control group, hs-CRP and Homocysteine respectively ( $P = 0.003$ ,  $P = 0.001$ ). The results of correlation coefficient in

## کلمات کلیدی:

Homocysteine, Hs-CRP, Atherosclerosis, Single circuit-resistance Exercise, Women

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