

## عنوان مقاله:

Effect of eight weeks high intensity aerobic exercise on C-reactive protein levels in obese middle-aged men

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** C-reactive protein (CRP) is a marker of chronic systemic inflammation frequently used in cardiovascular disease risk assessment. The aim of this study was to investigate CRP concentrations in middle-aged men after 8 weeks high intensity aerobic exercise. **Material & Methods:** Twenty two sedentary obese middle-aged men (aged:  $46.4 \pm 2.3$  years and body mass index (BMI):  $32.8 \pm 2.0$  kg/m<sup>2</sup>;  $\pm$  SD) volunteered to participate in this study. The subjects were randomly assigned to training group (n=11) or control group (n=11). The training group performed high intensity aerobic training 3 days a week for 8 weeks at an intensity corresponding to 75-80% individual maximum oxygen consumption for 45 min. **Results:** The results showed that the body weight, BMI, body fat percent and WHR were decreased and VO<sub>2</sub>max was increased in the training group compared to the control group ( $P < 0.05$ ). After 8 weeks, the training group resulted in a significant decrease (58.7 %) in the CRP in compared with the control group. **Conclusions:** The results suggest high intensity aerobic exercise improves body composition and decreases CRP concentrations in obese middle-aged men.

## کلمات کلیدی:

Aerobic exercise, CRP, Obesity, Inflammation, Cardiovascular heart disease

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/878362>

