

عنوان مقاله:

Effects of exercise intervention to improve body composition and chemerin in middle-aged overweight women

محل انتشار:

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خلاصه مقاله:

Introduction: There is well documented evidence that obesity are serious worldwide public health problems which result an increased risk of developing diseases such as, cardiovascular diseases and diabetes mellitus and regular exercises can be effective in preventing and treating such diseases. Chemerin, is a recently identified adipose tissue secreted hormone that has been shown to be elevated in obese individuals and associated with some components of the metabolic syndrome, including: the waist circumference, body mass index (BMI), fat percent, triglycerides and high-density lipoprotein. Thus, the aim of current study was to analyze the effect of rhythmic aerobic exercise training on serum chemerin and body composition components in overweight women. **Material & methods:** Twenty-four overweight women (BMI between 25 to 30 kg/m²) voluntarily participated in the study (12 subjects in each groups). Training groups participated in a rhythmic exercise training program for eight weeks, three times a week with 50-70 heart rpm for 60-90 minutes. The chemerin levels and body composition components were measured in the both groups pre and post training duration. **Results:** The serum chemerin levels were significantly decreased from 218.7 ± 7.6 to 190.3 ± 9.2 ng/mL ($P < 0.01$) after training program. Weight and BMI, also, in exercise group was significantly decreased in compare with control after 8 weeks of exercise. **Conclusions:** Rhythmically exercise training were found to improve the serum chemerin levels and some components of body composition; thus, it could be effective in preventing obesity-related diseases and enhancing body composition of middle aged overweight women.

کلمات کلیدی:

Chemerin, Body composition, Rhythmic exercise, Overweight women

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