

عنوان مقاله:

High intensity endurance training improves metabolic syndrome in men with type 2 diabetes mellitus

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خلاصه مقاله:

Introduction: Metabolic syndrome (MS) is a defined cluster of cardiometabolic abnormalities that increases an individual's risk of type 2 diabetes mellitus (T2DM). The purpose of this study was to examine the effect of 12 weeks high intensity exercise training on MS in men with T2DM. **Material & Methods:** Sixteen sedentary overweight and obese middle-aged men (aged: 41.18 ± 6.1 years; $\pm$ SD) volunteered to participate in this study. The subjects were randomly assigned to training group (n=8) or control group (n=8). The training group performed endurance training 4 days a week for 12 weeks at an intensity corresponding to 75-80% individual heart rate reserve (HRR) for 45 min. **Results:** The results showed that waist circumference (WC) as well as triglycerides (TG), blood pressure (BP) and glucose were decreased in the training group compared to the control group ($P < 0.05$). After 12 weeks, the training group resulted in a significant increase ($P < 0.05$) in the high-density lipoprotein cholesterol (HDL-C) in compared with the control group ($P < 0.05$). **Conclusions:** In conclusion, high intensity endurance training improves metabolic syndrome in men with T2DM.

کلمات کلیدی:

High intensity endurance exercise, Diabetes, Metabolic syndrome, Insulin resistance

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