EFFECT OF AEROBIC EXERCISE ON SOME OF SELECTED METABOLIC SYNDROME IN YOUNG OBESE WOMEN

Abstract

There is evidence that obesity in youth is a more powerful predictor of this risk than metabolic syndrome in adulthood. The purpose of the present study is to examine the effect of walking exercise in order to reduce some of selected metabolic syndrome in sedentary obese girls. 20 untrained obese (BMI>30) girls 19-25 years volunteer took place in this research and then they were randomly divided in two groups (Control: n=10 Experimental: n=10). At first and after 2 months all component of body composition, total cholesterol, triglyceride, FBS, were assessed. Then the experimental group started to do exercise program that consisted of 30 mints walking with intensity of %50 - %75 of maximal heart rate, 3 sessions in a week for 2 months. The data by unpaired- t-test at the level of p<0.05 were analyzed. The results of this study showed that walking exercise positively affected all component of body composition (all p=0.000). More ever total cholesterol, triglyceride, FBS significantly decreased (p<0.05). The implications of the results are that obese individual should be encouraged to increase their physical activity levels, which may result in significant improvements in selective markers of the metabolic syndrome.

Key words: *metabolic syndromes, walking exercise, obese girls*