Original Paper

Effect of eight weeks aerobic training on serum lipid and lipoprotein levels in women

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Abstract

Background and Objective: Cardiovascular diseases are the most significant factors leading to death. This study was done to determine the effect of eight weeks aerobic training on level serum lipid and lipoprotein in non athletic women.

Materials and Methods: This quasi-experimental study was carried out on 30 non athletic women. Subjects were devided into control and experimental groups through gained Vo^2max. HDL-c, total cholesterol (TC), LDL-c, VLDL-c, RF (TC/HCL) and subdermal fat percent were evaluted perior and after training for eight weeks as follow: three session in each weeks with one hour aerobic training in each session. Data analyzed using SPSS-14 and independent and dependent T student tests.

Results: The significant reduction of RF, TC and percent of subdermal fat were observed in experimental group after training in comparison with prieor phase ($P<0.05$). Significant reduction of RF, LDL-C, TC and subdermal fat were observed in experimental group in comparison with contols after training ($P<0.05$). The increase of HDL-c and reduction of TG and VLDL-c were observed in experimental group compared to control but these differences were not significant.

Conclusion: This study showed that aerobic training reduce total cholesterol, LDL-c, RF and percent of subdermal fat in non athletic women.

Keywords: Aerobic exercise, Lipid profile, Lipoprotein, Non athletic women

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