

Effect of Nutrition and Rehabilitation Programs in Treating High Blood Cholesterol For Ages (30-40) Years

Authors : Luma Hameed Abd, Ammar Hamza Hadi, Amjed Abid Ali Mahdi

Abstract : Aims of the study: Present study aimed to prepare two programs (exercises rehabilitation program and nutrition program) to treat high blood cholesterol, as well as to identify the use of medical drugs in the treatment of high blood cholesterol, in addition, the study discovered the differences between the two groups. Methodology: Experimental method with equal groups was used in present study because it was suit for the research problem. 160 patients from Najaf Hospital with high blood cholesterol ages (30-40) years were a community of the study and we selected 80 patients from them to be a sample of the study. the sample percentage was (50%) of the total community. However, the researchers divided the sample of study into two experimental groups; the first group included (40) patients who used exercise rehabilitation program and nutrition program, and the second group included (40) patients who used medical drugs. Blood cholesterol test before and after program was used to know the improvement in it. Rehabilitation and Nutrition Program: Rehabilitation Program: The rehabilitation program duration for first group was (12) weeks, (3) unites a week and the total number of units was (36) units. Duration of the each unit was 73min and the total average of (36) units was (2628)min. However, the intensity of the exercises a rounded between 50 to 80% of VO₂max, whereas the exercise size has been determined based on the exercise performance time. Moreover, the rest between repetitions was determined based on the return of the pulse between 120-130n/d to allow recovery to reach the oxidation of fats, and the rest between repetitions was positive. Nutrition Program: The nutrition program duration for first group was (12) weeks, three times per a day. Different kinds of food was included in the nutrition program such chicken, fish, eggs, seeds, fruit and etc. Results: SPSS bag was used to analysis the results of the study which included (Arithmetic mean, standard deviation, Torsion coefficient, and T-test for correlated samples). However, the results showed that exercise associated with healthy food affected the level of cholesterol, as well as, medical drug was also affect in lowering the cholesterol level. Conclusions: Present study concluded there were differences between the pre and post-tests for the both groups but the first group was better than second group in decreasing the blood cholesterol level.

Keywords : nutrition, rehabilitation, programs, high blood cholesterol

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