

Effects of Six Weeks of Moderate-Intensity Aerobic Training with a Pomegranate Juice on Plasma Leptin in Women with Type 2 Diabetes

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Abstract : Aim: The aim of this study was to evaluate the effects of six weeks of moderate-intensity aerobic exercise with pomegranate juice (PJ) on plasma leptin in adult women selection of type-2 diabetes. Methods: Survey postmenopausal diabetic women aged 45 to 60 years in the city of Babylon, who coordinated Diabetes Association presented the city, among them 34 were selected as subjects were randomly divided into four groups: control, PJ, practice and PJ. Experimental groups consisted of 6 weeks of aerobic exercise training program three times a week for at least 45 minutes per meeting. Two days before and after the training period in the fasting state (12 h) blood samples from the brachial vein was performed in a sitting position. Results: Results showed that aerobic exercise with consumption of pomegranate juice alone and interaction with each significantly decrease levels of leptin plasma in older women with type 2 diabetes compared to control group. Conclusion: According to the research findings can be stated the exercise with pomegranate juice beneficially effects fat tissue and decreases plasma leptin in adult women with type 2 diabetes and thereby reduce risk of cardiovascular disease.

Keywords : aerobic exercise, pomegranate, leptin, diabetes

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