World Academy of Science, Engineering and Technology
International Journal of Sport and Health Sciences
Vol:12, No:05, 2018

Effects of Continuous and Periodic Aerobic Exercises on C Reactive Protein in Overweight Women

Authors : Maesoomeh Khorshidi Mehr, Mohammad Sajadian, Shadi Alipour

Abstract : The purpose of the present study was to compare the effects of eight weeks of continuous and periodic aerobic exercises on serum levels of CRP in overweight woman. 36 woman aged between 20 and 35 years from the city of Ahwaz were randomly selected as the sample of the study. This sample was further divided into three groups (n= 12) of continuous aerobic exercise, periodic aerobic exercise, and control. Subjects of the groups of continuous and periodic aerobic exercise participated in 8 weeks of specialized exercises while the control group subjects did not take part in any regular physical activity program. Blood samples were collected from subjects in 24 hours prior to and 48 hours past to the intervention period. Afterwards, the serum level of CRP was measured for each blood sample. Results showed that BMI and serum level of CRP both significantly reduced as a result of aerobic exercises. However, no statistically significant difference was recorded between the extent of effects of the former and latter aerobic exercise types. Eight weeks of aerobic exercise will probably result in reduced inflammation and cardiovascular diseases risk in overweight women. The reason for lack of difference between effects of continuous and periodic aerobic exercise may lie in the similarity of average intensity and length of physical administered activities.

Keywords : heart diseases, aerobic exercise, inflammation, CRP, overweight
Conference Title : ICEPHPES 2018 : International Conference on Exercise Physiology, Health and Performance in Exercise Science
Conference Location : Berlin, Germany
Conference Dates : May 21-22, 2018