

Effect of eight-week aerobic exercises in 10 to 12 years old overweight girls

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ABSTRACT:

Cardiovascular diseases are considered as one of the threats to human health, especially, in individuals with overweight. The aim of this study was to investigate the effect of eight-week aerobic exercises in 10 to 12 years old overweight girls. In this study, 27 overweight female student whit 10-12 years old were selected and were randomly divided into two groups; a) training group (n=17) and b) control group (n=10). Training group participated into the aerobic training for 8 weeks, with 70-85 percent of heart rate reserve maximum, 3 times a week and 60 minutes in each session. The variables such as BF, BMI, WHR and VO₂max, were measured in two groups before and after the training period. The average of variables such as BF, BMI and VO₂max were significantly different between two groups (P<0.05). But the average of WHR were not significantly different between two groups. According to these results, aerobic exercise in 10-12 years old overweight girls, can have beneficial effects on some cardiovascular risk factors.

Keywords:

Aerobic exercise, Overweight, WHR and BMI.