Effect of 8 Weeks Aerobic Training on Serum Resistin levels and Fat percent in Trained Young Females

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Abstract:

Objective: Resistin is an adipocyte-derived hormone, which plays a key role in energy homeostasis and metabolism regulation. The aim of this study was to assess the effects of regular aerobic training on serum resistin levels in young females.

Methods: Twenty females were randomly divided into the control and the experimental groups. The experimental group performed aerobic training for 8 weeks, 4 sessions in a week, and with the intensity of 70-80 % of maximum heart rate. BMI, fat percentage, and serum resistin levels were measured respectively by ELISA before and after the 8 weeks of training period.

Results: Paired t-test results revealed decrease of average BMI and fat percentage before and after training in the experimental group. Serum resistin levels decreased significantly after training in the experimental group.

Conclusions: Regular 8 weeks aerobic training in addition to reducing weight, BMI, and fat percentage also reduces serum resistin levels in young Females, which exhibits the reduction of cardiovascular diseases and diabetes risks.

Key Words: Aerobic Training, Serum Resistin, Young Female.