

## **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

