

## EFFECTS OF MORNING AEROBIC TRAINING ON LIPID PROFILE, BODY COMPOSITION, WHR AND $VO_{2max}$ IN SEDENTARY OVERWEIGHT FEMALES

### **Abstract**

*Aim: The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended and a decrease in physical activity due to the increasingly sedentary persons. This study examined the effects of morning aerobic training on lipid profile, body composition, WHR and  $VO_{2max}$  in sedentary overweight females. Material and Method: 20 overweight (OW) subjects with mean age of  $40.2 \pm 6.2$  years, mean height of  $158.70 \pm 5.96$  cm and mean body weight (BW) of  $65.81 \pm 7.89$  kg, assigned to training group ( $n=10$ ) and control group ( $n=10$ ) randomly. Aerobic Training consisted of 8 weekly period and 6 days per week was applied to subjects. Before and after the training period, the body fat percentage (BF), body mass index (BMI), the waist to hip ratio (WHR), blood lipid parameters (TG, CH, LDL, HDL),  $VO_{2Max}$  were measured. Results: The results showed that there were significant differences ( $p<0.05$ ) between pre and post test values of LDL, HDL, BMI, WHR,  $VO_{2Max}$  and weight in the training group. Conclusions: 8-weeks morning aerobic training had significant effect on LDL, HDL, BMI,  $VO_{2Max}$  and weight except to TG. It could be concluded that the negative effects of sedentary living on individuals are decreased with morning aerobic training.*

**Keywords:** morning aerobic training, lipid profile, overweight,  $VO_{2max}$

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