

The comparison of effects of 8 weeks Pilates and walking training on physical fitness factors, body composition and lipid profile of elderly non-athlete men

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Background and purpose: the study on reducing factors of physical problems in elderly people can be of great importance in health system of society. The main purpose of present research was the comparison of effects of 8 weeks Pilates and walking training on physical readiness factors, body composition and lipid profile of elderly non-athlete men. **Methods:** 31 elderly men (with age average 61.01 ± 2.85 y, weight: 74.80 ± 9.19 kg) were the subjects of present research that had been chosen by initial screening, randomly classified into 3 group: Pilates training (n=10), walking training (n=10) and control (n=11). Before and after the 8 weeks Pilates training program and walking, physical fitness factors (cardiorespiratory endurance, upper and lower body muscular endurance, flexibility and balance) lipid profile (HDL, LDL, TG and TC), body composition (fat percent and fat free mass) were assessed. For comparing the results before and after of providing independent variable in each group, statistical t test and Wilcoxon, for comparing 3 groups results together, one way ANOVA test, Tukey, Kruskal-Wallis were used. Significant level of p

Keywords : Key words: walking, Pilates, lipid profile. Physical fitness

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