

Impact of Combined aerobic exercise - yoga on body composition, aerobic capacity, indicators of cardio - vascular and cortisol levels in overweight women

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Abstract Purpose: Object of this research is to consider the impact of Combined aerobic exercise - yoga on body composition, aerobic capacity, indicators of cardio - vascular and cortisol levels in overweight women. **Research method:** 40 overweight women with BMI 25 to 30 were randomly divided into four exercise groups. Such as Combined group aerobic - Yoga (10 people with $52/5 \pm 29$ age, height $159 \pm 3/25$ cm and $73/22 \pm 4/89$ Kg weight), Aerobic group (10 people with $34/25 \pm 2/71$ age , height $161 \pm 2/5$ cm and $72/47 \pm 1/42$ kg weight), Yoga group (10 people with age of $28/12 \pm 7/03$, height $163/68 \pm 1/42$ cm and $74/82 \pm 10/19$ kg weight), The control group (10 people with age of $31/71 \pm 8/32$, height $160/28 \pm 3/45$ cm and $71/05 \pm 8/04$ kg weight). Protocol of this exercise is consists of a combined yoga - aerobic, aerobic and yoga for 8 weeks, 3 sessions per week and each session was 60 minutes. Before and after the training period body composition variables (including BMI, WHR, body fat percentage and lean mass), aerobic power, indicators of cardio - vascular (including resting systolic blood pressure, diastolic blood pressure and resting heart rate) and cortisol was measured. To exploit the results of the paired t-test, ANOVA and LSD post hoc test was used and the significance level ($p \leq 0.05$) was carried out. Finding of this research indicates that eight weeks of training, combination of yoga and aerobics on body composition, including fat percentage ($P = 0.0$) and BMI ($P = 0.03$) and flexibility ($P = 0.02$) in overweight women was impressive, but effect significant between WHR and fat-free mass, aerobic capacity and cardiovascular markers and cortisol were not observed. **Conclusion:** 8 week combined practice aerobics and yoga can decrease BMI and body fat percentage and also increase the

flexibility.

Keywords : Key words: combined practice, yoga, body composition, aerobic capacity, blood pressure, cortisol, overweight women

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