

The effect of a period of combined training(aerobic-resistance) on level of estrogen and progesterone and its relation with serum lipids in menopausal women

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The aim of this research is studying the effect of aperiod of combined training (aerobic-resistance) on level of blood Estrogen and Progesterone and its relation with Serum lipids in Menopausal women. For this, 26 menopausal women in two groups of experimental (12 people) and control (10 people) involved in this research.

Experimental group in 8 weeks of mixed training, each week 3 sessions of aerobic-resistance training by the time of 90 minutes, trained. In this period testifier groupinvolved in no training program. BMI, WHR, fat percentage, weight, aerobic strength, anaerobic strength, Serum level of Triglyceride, Cholesterol, fasting blood sugar, Estradiol, Progesterone, RPP, HDL, LDL, and relation between Estradiol and Progesterone with HDL, LDL, Triglyceride and Cholesterol in before and after 8 weeks training were measured. As to test the hypothesizes, hypothesis tests of independent and dependent t, Mann-Whitney U test and Wilcoxon, and also Pearson and Spearman test in meaningful level of p

Keywords : Key words: mixed training, Menopausal women, Estradiol, Progesterone.

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