
Effects of Aerobic-Resistance at a Training Course with Green Coffee Intake on Indexes of Body Composition, IGF-1, Leptin and Cortisol in Overweight and Obese Women

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Abstract The aim of the present study was to examine the effect size of a period of aerobic- resistance training combined with green coffee consumption on body composition, insulin-like growth factor-1 (IGF-1), leptin and cortisol in overweight and obese women. A semi-experimental and field-based study design was used in this study and non-athlete overweight and obese women of Rasht city with ages ranging 25 to 35 years were considered as the study population. The participants were 30 overweight and obese women, whom were ed 40 women who volunteer to participate in the study. Participants were randomly allocated into three aerobic- resistance training (n= 10; age= 24.57 ± 2.98 years; BMI= 29.10 ± 4.05 kg/m²), green coffee (n= 10; age= 23.91 ± 2.87 years; BMI= 29.93 ± 2.71 kg/m²) and aerobic- resistance training-green coffee (n= 10; age= 24.50 ± 3.06 years; BMI= 28.89 ± 2.95 kg/m²) groups. All the groups underwent a 6-weeks intervention program. Anthropometric measures were taken all groups before and following 6-weeks of intervention period. In addition, serum levels of insulin-like growth factor-1, leptin and cortisol were assessed 24 hour before and after intervention. Result showed that weight, waist circumference, abdominal circumference and hip circumference amount were significant changes in all groups pre- to posttest (p 0.05). The result of LSD post hoc test indicated that there were significant difference between aerobic- resistance training- green coffee with aerobic- resistance training or green coffee groups for weight, body mass index, arm circumference, abdominal circumference, hip circumference and subcutaneous fat (p

Keywords : Keywords: aerobic-resistance training, green coffee, insulin-like growth factor-1, leptin, cortisol.

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