

effect of exercise (aerobic - resistance) with green coffee consumption index of fitness, general health, appetite, variable heart rate, anxiety and depression and cortisol hormone in obese and overweight

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Abstract In the present study to determine the 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. This quasi-experimental research, which was conducted through field. The study population of healthy non-athlete women 25 to 35 years old was overweight and obese in Rasht. Among 40 subjects, 30 subjects were ed, 10 were divided into 3 groups. That one week before the exercise protocol referred athletes to practice salons. Of the three groups before and after the 8 week training period anthropometric measurements were taken. Blood samples also were taken 24 hours before and 24 hours after the last training session, the participants. According to the t and significant level between pre and post test scores aerobic and anaerobic power, public health, significant increase satiety and hunger indicators, think of eating, desire to eat, systolic blood pressure, diastolic, a significant reduction in heart rate and exercise training group was created with green coffee (P=0/00). However, no statistically significant changes in serum cortisol. LSD test results showed that the aerobic capacity, anaerobic power, public health between groups with training and practice, along with green beans, green beans significant when differences indicator of hunger, fullness and desire to eat between practice groups with green beans coffee and coffee with green and practice green with significant training, resting heart rate, depression and anxiety among green coffee beans with green with training and practice, there was a significant difference (P=0/00). Conclusion: The same exercise with green coffee can improve appetite,

depression and anxiety, general health and hormone. Conclusion: Keywords: endurance, strength, green beans, cortisol, depression, anxiety, appetite and general health.

Keywords : Keywords: endurance, strength, green beans, cortisol, depression, anxiety, appetite and general health.

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