

Effect on the hepatic exhaustive aerobic exercise session in elderly men with overweight

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This study aimed to investigate the effect of an exhaustive aerobic exercise session liver enzymes overweight older people, was carried out. A field and laboratory experimental research with volunteer sample (available) you were with. The population of this study, healthy men over 60 years before the study had a history of cardio formed. The number of cases investigated, 20 (10 in the control group and 10 in control group) randomly ed. Participants must have no history of the disease and have a body mass index greater than 30 or 25. They should also take certain drugs Knnd.sps 30-minute break in the session after resting heart rate, blood pressure and anthropometric parameters such as body fat percentage, waist to hip ratio (WHR), body mass index and 2 ml anti-cubital vein blood (arm) of the subjects(Practice before, practice and practice 24 hours later) were taken. The results showed no significant difference was observed in the AST. Our data indicate that no significant difference on indices Alanine transaminase were observed after a single bout of aerobic exercise. The results also showed that there was no significant difference in the level of alkaline phosphatase.

Keywords : investigated

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