

Compare the effect of yoga training program with two different speeds on Physiological indicators, style eating and appetite in overweight and obese young women

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Background and aim: The aim of this study was to compare the effect of yoga exercise program with two speeds on physiological indicators, eating style and appetite sensations in overweight and obese females. **Material and Methods:** The participants consisted of 45 females with overweight and obesity (age 32.8 ± 6.3 , BMI $31/40 \pm 5/06$), who were ed through primary screening. They were randomly divided into three equal groups: yoga with high speed, yoga with standard speed and control groups. The current study was carried out for two intervention sessions of 90 minutes in duration per week for five weeks. At the end of the week, the yoga practice program was completed in three sessions per week. We evaluated the body composition indicators including BMI, WHR, body fat percentage and lean body mass, physical indicators such as muscular endurance, balance, resting heart rate, blood pressure, flexibility and strength, as well as appetite sensations and eating style. In order to compare the results in each group were used t-test and Wilcoxon test. Also, the results of the three groups with each other were investigated using the one-way ANOVA, the Kruskal-Wallis test and post hoc Tukey test. The significance level was determined as P

Keywords : yoga practice, physiological Indicators, Eating style, Appetite, Overweight and Obese.

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