

Comparison the effects of two new life style methods on physical activities frequency of meals and relevant issues to teenage girl's health who are obese or overweight

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Abstract Introduction: The school is the right place for health education for children and adolescents, and nutrition education and active life can play a crucial role in the knowledge and skills that are needed and the values that enhance their health. The purpose of this study was to Comparison the effects of two new life style methods on physical activities frequency of meals and relevant issues to teenage girl's health who are obese or overweight. **Method:** The present study was semi-experimental and conducted field experiment. The statistical population of this study was obese and overweight adolescent adolescents overweight and obese in the age of 12 to 16 years old. 90 subjects were ed as samples for two weeks before the beginning of the training, and randomly divided into 3 groups of 30. The first group was aerobic training, the second group of education and the third control group, which had no physical activity. Measurements of flexibility, muscular endurance, general endurance, BMI, body fat percentage, waist to hip ratio, feed frequency and physical activity were measured all three groups before and after 8 weeks of training. Data are analyzed using SPSS statistical software version 22. Descriptive and inferential statistics were used in this research ($P > 0.05$). **Results:** Comparison between pre-test and flexural tests, a 540-meter-long, dairy consumption and physical activity level in control groups, aerobic training and training showed a significant difference. Also, there was a significant difference between the pre-and post-test scores, body mass index, body fat percentage, fruits and vegetables in aerobic training groups and training. However, there was no significant difference between the pre- and post-test scores of waist-hip ratio in aerobic training groups. There was a significant difference

between the three groups in terms of flexibility, elongation and 540 m, body mass, subcutaneous fat, physical activity level and dairy consumption, fruit and vegetables. **Conclusion:** The results showed that there was a significant difference between the three groups in terms of body composition, physical fitness and frequency. This difference was in the training group with training and training, respectively, so the aerobic training group was more effective than the above indicators. **Keyword:** training, training with training, physical fitness, frequency of feed, body composition, physical activity level, adolescent.

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