

The effect of aerobic training in different hours of day on blood leptin, calorie intake, appetite and heart rate indexes of overweight, non-athletic men

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of Lahidjan University (age range of 25-27 years old). this group, 14 subjects participated in the study with available sampling and voluntarily in 3 sessions: fasting, morning and afternoon sessions. It should be noted that the exercises were performed at 3 intervals at intervals of 72 hours of training. In each 3 steps, the aerobic exercise protocol included 10 minutes of running, stretching, and then 10 minutes of cooling. In each stage, serum leptin variables, appetite, calorie intake, heart rate index were measured. One-way ANOVA was used for comparing the three-point difference in the three-point difference in the results. The results of Tukey's post hoc test were used to compare the two groups and the results of t-test before and after the intervention. The analysis was performed using SPSS software version 22. The significance level was considered to be $P = 0.05$. Comparison of rotations showed that aerobic exercise had a significant difference in blood leptin, calorie intake, heart rate, perineal and garlic appetite in three occasions (fasting, after breakfast and afternoon) ($P = 0.05$). The results showed that only between fasting and afternoon and in appetite variable in satiety, the results showed that there was a significant difference between fasting and morning rotation in Perry feeling ($P = 0.05$). But there was no significant difference in hunger and eating capacity in three steps (fasting, after breakfast and afternoon) (P

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