

# **Compare the effects of a training period at resistance - aerobic combined with green coffee on the metabolism and hormones, testosterone and cortisol in women, with overweight and obese**

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**Abstract** The aim of this study was to compare the effects of a training period at resistance - aerobic combined with green coffee on the metabolism and hormones, testosterone and cortisol in women, with overweight and obese. **Methods:** This quasi-experimental research, which was conducted in this field. it was a clinical research of 20 out of 100 hypothyroid patient in rasht experimental clinic and were divided in two groups of experimental and exercise training one. And were conducted in an 8 weeks training duration. At the beginning and end of the duration these factors had been measured: blood serum, cortisol, leptin, thyroid and body composition and also physical fitness. Training program includes 8 weeks of resistance trading 3 times a week 75 minutes a session (10 minutes warm up 30 minutes resistance training 30 minutes aerobic training and 5 minutes cool down). **Results:** this study had shown that 8 week of resistance training decreases BMI, body fat percentage, WHR and also would increase aerobic capacity, agility, sit up and balance in training group (P<0/05). in both groups there was a significant differences in WHR, agility, balance and sit up factors. **Conclusion:** The results indicate that a training course at the same time (aerobic and resistance) is likely to improve physical fitness and body composition in children with hypothyroidism. But it doesn't affect leptin, cortisol and basal metabolism.

**Keywords :** Keyword: Hypothyroid-Body composition-Leptin-Cortisol-Physical Fitness-Basic Metabolism.

