

The effects of exercise in the morning, along with nutritional advice on fitness and body composition in overweight boys elementary school students.

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The aim of this study was to evaluate the effects of exercise in the morning, along with nutritional advice on fitness and body composition of boys students was overweight. Since overweight and obesity in childhood is associated with adult attention to this population is important. Methods: Primary school students overweight who were studying in private schools in Rasht, Using random cluster sampling in each region, 3 schools in each school of every degree a class of 5th grade students were ed. A total of 90 subjects, divided into three groups of 30 (30 exercise in the morning and 30 in the morning exercise and nutritional counseling, nutritional counseling alone 30 people) were divided. Both morning practice 4 days a week for 4 weeks and for 30 -10 minutes before entering the class, morning exercise, including warm-up with stretching, exercise and cool down they did. And group nutritional counseling sessions over five justification, high-calorie and low-calorie foods were trained. Before and after the training period, the three groups on the same terms standardized test (muscle strength, 45 km speed, muscular endurance, Sit, flexibility, strength and agility) to evaluate each component of physical fitness were taken. Results: The paired t test and Wilcoxon analysis showed that exercise in the morning, nutrition education and nutrition education component morning workout with muscle power, 45 meters, Sit-up muscular endurance, flexibility, power, agility, body weight and subcutaneous fat had a significant impact(P

Keywords : morning exercise, nutritional counseling, student body composition, physical fitness

