

# **The Impact of Short Periods of Intense Aerobic Exercise Plus Supplementation with Green Tea on Inflammatory Markers and Liver Enzymes in Non-active Young Men**

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**Abstract: Background and aim:** sedentary lifestyle is a threat to health on the other hand strenuous activity and long-term leads to damage and immune system responses and inflammation that the result will be decreased performance, Contusion and delay recovery. For this reason existence a natural anti- inflammatory potential, is considered. On this basis present research aims to investigate the effect of a short period aerobic exercise with green tea consumption, on inflammatory markers and liver enzymes in sedentary young men. **Methods:** 38 sedentary young men (age:  $19.87 \pm 1.63$  years and BMI  $24.12 \pm 4.44$  kg/m<sup>2</sup>) participated in this A blind study and randomly divided into four groups; Green tea and aerobic training (GT-AT; 9 Person), aerobic exercise (P-AT; 9 Person), green tea (GT; 10 green tea) and control (CP; 10 Person). Participants daily 3 capsules of green tea powder or a placebo along with three meals consumed and in addition, groups GT-AT and P-AT, three times a week, for a month to aerobic exercise pressure for 55 to 85 percent of maximum heart rate, paid (The first week and the second 30, third 40 minutes). Blood samples before and after four weeks and 24 hours after Ellestad Protocol maestro test were taken Pparticipants and CPK, LDH, AST, ALT were measured and before each test Ellestad Protocol maestro, measurements of height, weight and subcutaneous adipose tissue was performed. Results using t-test, ANOVA post hoc LSD test were analyzed. **Results:** The results of the pretest and posttest subcutaneous fat was significantly associated with a reduced in group GT-AT (p

**Keywords :** Aerobic exercise, green tea, inflammatory factors, elevated liver enzymes

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