

Effect of Aerobic Exercise and Modified Intermittent Fasting on Body Composition, Aerobic Power and Nutritional Behavior of Overweight-to-Obese Inactive Women

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Background and aim: The purpose of this study was to determine the effect of aerobic exercise and modified intermittent fasting on body combination, aerobic power and nutritional behavior of overweight-to-obese inactive women. **Materials and Methods:** The subjects were 60 women with overweight and obesity (mean age 30.8 ± 5.3 , height 162.4 ± 6.1 and weight 81.33 ± 5.2) who were ed initial screening and were divided into four equal groups of aerobic diet, aerobic, diet and control. The training consisted of 3 sessions per week for 8 weeks and each intervention session lasted 60 minutes. Therefore, the body composition indicators (BMI, WHR, body fat percentage and fat free mass) of physical indicators (aerobic capacity) as well as appetite and nutritional behavior were evaluated. In order to compare the pre-test and post-test results in each group was used the statistical correlated t-test, and the one-way analysis of variance (ANOVA) and the Least Significant Difference (LSD) post hoc test were used to compare the results of the four groups. The significance level was determined as P

Keywords : Aerobic Exercise, Intermittent Fasting, Aerobic Power, Nutritional Behavior, Overweight-to-Obese

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