

EMS Device, Aerobic and Calorie Restriction on the Body of Obese Women

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The aim of this study was to compare the effects of electrical stimulator muscle EMS, aerobic exercise and limited caloric on body composition obese women. This study used a quasi-experimental design with pre-test and post-test. The sample consisted of 55 persons of women obese 25 to 35 years with a BMI above 30, in Tehran. participants 15 for EMS, 15 people aerobic exercise group, 15 patients diet group and 10 in the control group who could Protocol to do that. sample to sample accessible and non-coincidence of the visit to the clinic Lavin Kttgdgan Tehran in region 3, Gym Irsa in district 7 of Tehran and obese women were the authors. In pre-test height, waist circumference, hip circumference with a tape measure accurately was a Mtrastfadh cm, weighing one hundred grams of precision scales and calipers were used to measure body fat percentage and compared with the Pollock Jksvn- formula was calculated. Time protocol 12-week study, and those in EMS and aerobic training had 3 days a week for 35 minutes were active members of the group cut calories to the diet given without any physical activity in daily calorie intake per person is 1200 calories is the program was administered by a dietitian, protocol control group did not change their usual way of life and level of physical activity. one-way analysis of variance with Scheffe test was used Tyby. The results showed that caloric restriction leads to weight loss, body mass index, body fat percentage, fat mass, lean body mass and waist-hip ratio Shadow ($P < 0.05$), but the percentage of fat in the aerobic exercise group and lean body mass and reduce body fat mass increased and fat mass and percentage of body fat group working with EMS devices fell. ($P < 0.05$) There was a significant difference between the groups in body mass, fat mass, body fat percentage, waist to hip ratio, body mass index and body weight.

Keywords : : machine EMS, aerobic exercise, caloric restriction

