

The Effects of Aerobic Exercise and Nutrition Education on the Physical Health of Obese

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Background and Aim: The purpose of this study was to investigate the effect of aerobic training and nutrition training on the physical health of obese women.

Materials and Methods: For this purpose, the subjects were ed the 40 obese women participating in the public hijab exercise programs located in Rasht Women's Park. And randomly divided into 4 groups of aerobic exercise, nutrition training, aerobic training and nutrition training and control group ($n=10$, age 40.8 ± 2.1 , BMI= 31.2 ± 3.2). The groups were introduced to the task of each in a separate session.

Hypometric parameters including height, weight, body fat percentage, fitness measures including aerobic power, strength, flexibility, anaerobic power and blood pressure were measured at pre-test and post-test. The research protocol was performed over 12 weeks. The control group was asked not to change their physical activity and diet. Aerobic Exercise Group 3 sessions per week of aerobic exercise including soft and continuous jogging and aerobic exercises such as in-country walking, in-country walking, back-and-forth walking, X, double-step touch, etc. with a intensity of 60 to 70 Percentage of maximal heart rate, nutrition group participated in group training program by nutritionist once a week, aerobic training group with nutrition training participated in both types of aerobic training and nutrition training. Examination of the normal distribution of data by Shapiro Wilk test showed that the distribution of blood pressure data was not only normal. One-way ANOVA with Scheffe's post hoc test or their non-parametric equation by Wilcoxon and Kruskal-Wallis tests for inferential data analysis using SPSS software version 24 and graphing with Excel software 2010 and significance level (p

Keywords : Creative Program, Aerobic Exercise, Nutrition Education, Physical Health, Obese Active Women

