

# THE EFFECT OF AEROBIC EXERCISE ON SOME DIABETIC RISK FACTOR IN OBESE WOMEN

Original scientific paper

## **Abstract**

*Purpose: Exercise has been shown to prevent diabetes, and delay it. The purpose of the present study is to examine the effect of walking exercise in order to reduce to some diabetic risk factor in sedentary obese women. Methods: 18 untrained obese (BMI>30) girls 19-25 years volunteer took place in this research and then they were randomly divided in two groups (Control: n=9, Exercise: n=9). At first and after 8 weeks lipid profiles and anthropometric variables were measured. Then the experimental group started to do exercise program that consisted of 30 mints walking with intensity of %50 - %75 of maximal heart rate, 3 sessions in a week for 2 months. The data by unpaired- t-test at the level of  $p<0.05$  were analyzed. Result: The results of this study showed that walking exercise positively changed all selected diabetic risk factors variables in obese women ( $p<0.05$ ). Conclusion: This study demonstrated that the diabetic risk factor can reduce by a program of regular physical activity such as walking, 3 times a week, in young obese women.*

**Key words:** *Walking exercise, Obesity, Diabetic Risk Factors.*