

عنوان مقاله:

Effects of short term lifestyle activity modification on lipid profiles in obese and overweight middle aged men with type 2 diabetes

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خلاصه مقاله:

Introduction: Diabetes care involves more than glycemic control and it is important to manage other cardiovascular risk factors. Along with dietary and pharmacological interventions, exercise is a key element of diabetes management. The aim of this study was to determine the effects of short term lifestyle activity modification (LAM) on lipid profiles obese and overweight middle aged men with type 2 diabetes. Material & Methods: Sixteen obese and overweight middle aged men (age, 35-50 years) with type 2 diabetes participated in this study. The subjects were randomly assigned to LAM group (n=8) or control group (n=8). The subjects in LAM group walked 2 miles in 30 minutes on a treadmill on 4 days per week for 12 weeks according to the guidelines of the Centers for Disease Control and Prevention and American College of Sports Medicine. Results: The results showed that total cholesterol (TC), triglycerides (TG) and LDL-c were decreased and Apolipoprotein A1 (Apo A1) and HDL-c increased in the LAM group compared to the control group ($P<0.05$). For Apolipoprotein B (Apo B) no significant change was observed after the intervention. Conclusions: In conclusion, lipid profiles were improved after 12 weeks LAM in obese and overweight middle aged men with type 2 diabetes.

کلمات کلیدی:

Lipid profiles, Obesity, Type 2 diabetes, Short term exercise

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