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The Effect of Two Methods of Alternative and Continuative Exercise on Changing Leptin in Non-Athlete Students of Tehran University

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Abstract : The aim of this research is the effects of two methods of alternative and continuative exercise on changing leptin of non-athlete students of Tehran university. 45 non-athlete students (between 19 and 24 years old and weight 67.5 ± 8.06 kg and height 173.8 ± 7.23 cm) were selected randomly and divided in to three groups of 15, per counter of alternative and continuative. Before the exercise, blood test was carried out and the level of leptin was measured. The exercise was performed for 16 weeks, 3 sessions a week . Results are as follows: a) Continuative exercises had no effect on leptin serum (P=0.46); b) Alternation exercise had a meaningful effect on changing of leptin serum (p=0.01).

Key Words
Leptin, Alternative Exercise, Continuative Exercise.

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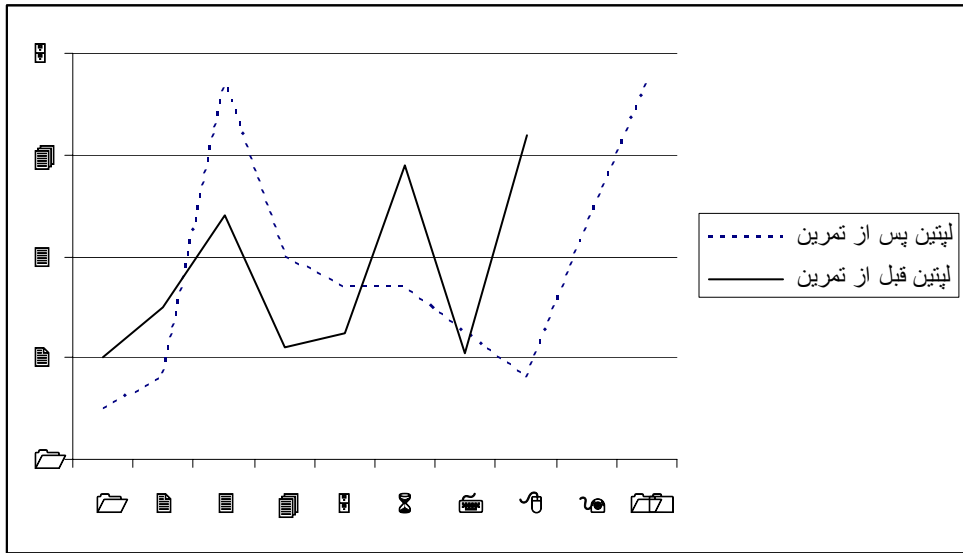
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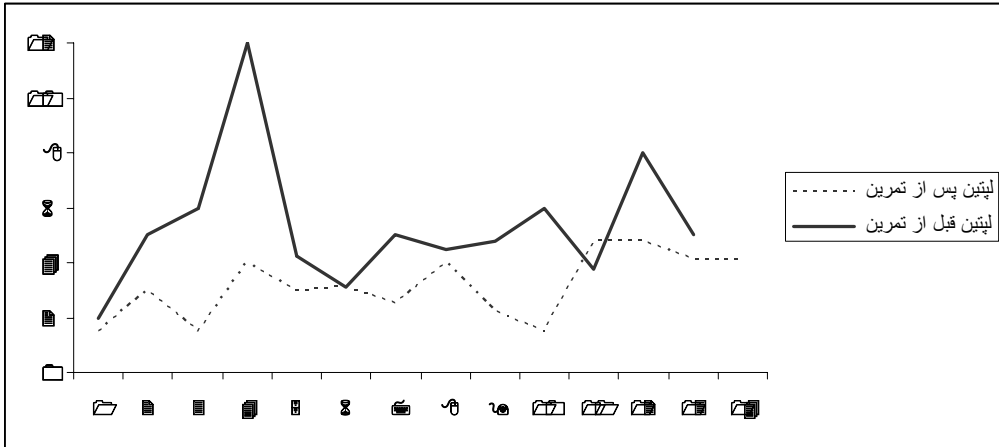


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