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/ / :
/ / :

- - - - -
- - - - -
-
± / , / ± /
/ ± /

(BF%) (VO₂max)
(HDL) (LDL) (TC)
(WHR) (TC/HDL) (TG)
FFM, P< /
P≤ / BMI BF% WHR, TG, LDL
P≤ / TC
TC/HDL HDL

(LDL) (BMI) (TG) (TC)
(VO₂max) (HDL)



(CHD) -
()
/ CHD
CHD
()
() CHD
-
()
(, , ,)
(TC)
(HDL)
(-)

1- Coronary Heart Disease
2- Triglyceride
3- High Density Lipoprotein

.() **CHD**

.()

FFM BF% , WHR , BMI

,BF , WHR , BMI

FFM

WHR

, BMI

SECA

WHR

$$\text{BMI} = (\quad) : (\quad)$$

$$\text{WHR} = (\quad) : (\quad)$$

Meikosha-Elyoken

$$:$$

$$\text{BF}\% = / : (\text{BD}) - / * (\quad)$$

$$\text{BF}\% = / : (\text{BD}) - / * (\quad)$$

$$\text{BD} = / - / * (/) + / * (/) - / * ()$$

$$\text{FFM} = (\quad) - (\quad *)$$

HDL LDL

TC TG

$$: (\quad) /$$

=

=

$$= / - / * (/) - / * (/) + / * ()$$

HDL

HDL

P < /

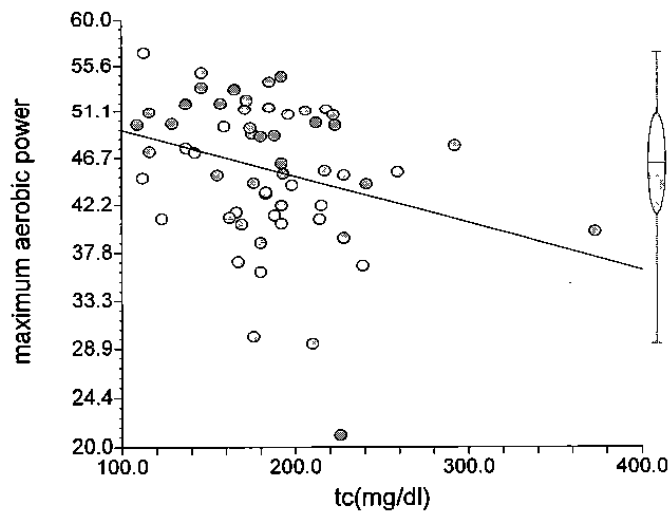
(n =)

$\bar{X} \pm SD$			
/ ± /			()
174 ± /			(Cm)
70.74 ± /			(Kg)
82.29 ± /			(Cm)
94/9 ± /			(Cm)
'/ " ± '/ "	'/ "	'/ "	/
/ ± /			()
/ ± /	/	/	()
/ ± /			()
/ ± /	/	/	WHR
% / ± % /	% /	% /	() BF
/ ± /		/	BMI(Kg/m ²)
/ ± /	/	/	VO _{2max} (ml/Kg/min)
/ ± /	/		FFM(Kg)
/ ± /			TC (mg/dl)
/ ± /			TG (mg/dl)
± /			HDL (mg/dl)
/ ± /			LDL (mg/dl)
/ ± /	/	/	TC/HDL

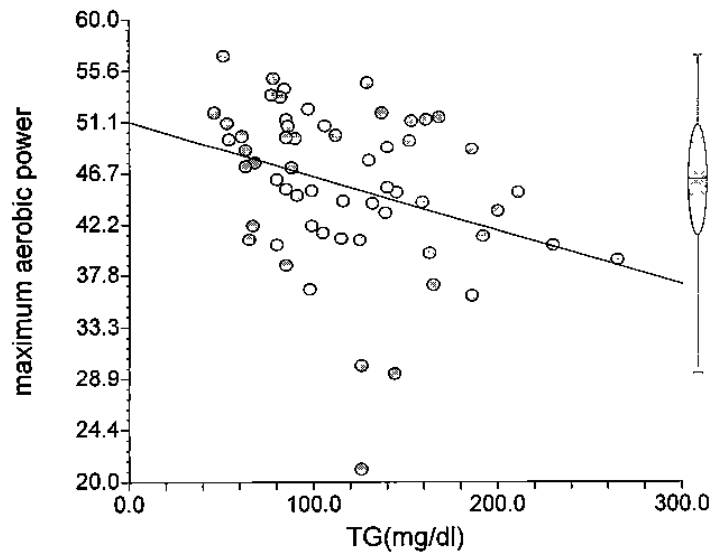
<i>(n =)</i>				-
**	/	/	WHR	
**		/	(%BF)	
**	/	/	LDL-C	
**	/	/	TG	
**		/	BMI	
**	/	/	FFM	
*	/	/	TC	
-	/	/	TC/HDL	
-	/	/	HDL-C	

P< / **

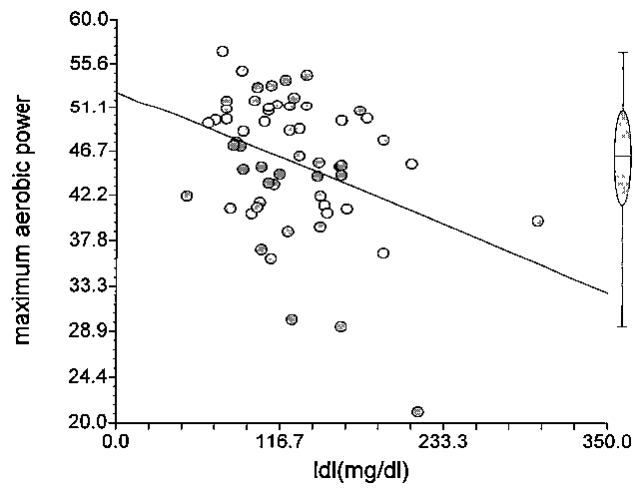
P< / *



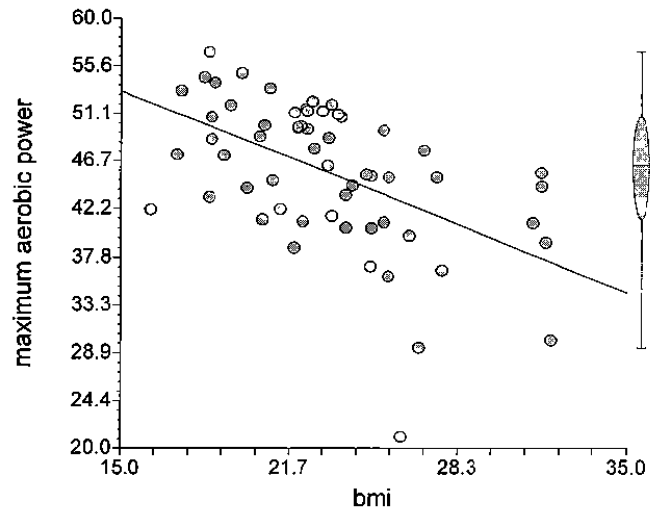
(n =)TC



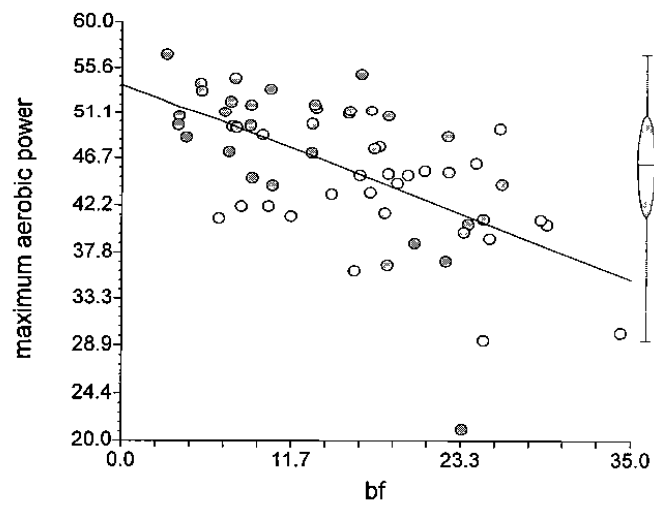
(n =)TG



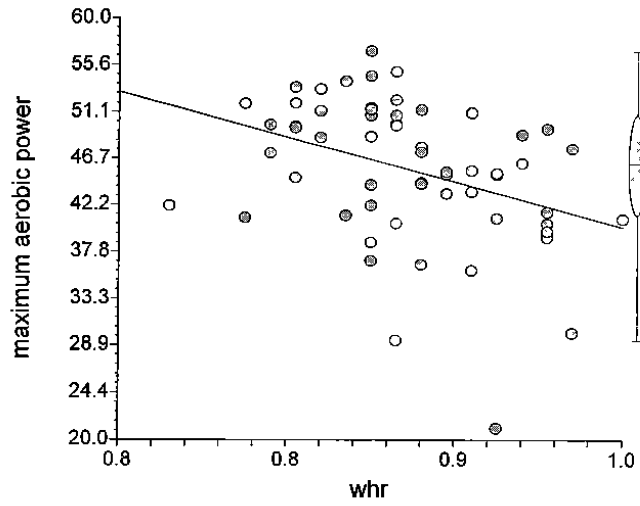
(n =)LDL



(n =) *BMI*



(n =) *BF*



(n =) *WHR*

TG , LDL

$P \leq /$
 $P \leq /$ **TC**

()

TC LDL ,TG

(,)

(, ,)

HDL TC/HDL

HDL

HDL

WHR ,BMI,BF%,LDL,TG,TC
FFM

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