THE EFFECTS OF EIGHT WEEKS OF ENDURANCE EXERCISES WITH CONSUMPTION OF AQUEOUS EXTRACT OF DILL ON BLOOD LIPIDS OF OBESE WOMEN WITH HYPERLIPIDEMIA

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ABSTRACT

Hyperlipidemia, is one of the main risk factors for coronary artery diseases well known for the relationship between quantity and quality of plasma lipids disorders and risk of coronary artery diseases. (Yazdanpanah, 1380). The present study aimed to investigate the effects of eight weeks of endurance exercises with consumption of aqueous extract of dill (Anethum graveolens) on blood lipids of obese women with hyperlipidemia. This was a Quasi-experimental research with field studies in I. R. Iran from April 2014 June 2015 on 30 physically inactive obese voluntary women. The people were randomly formed into three groups of exercise, aqueous extract of dill supplement, and combination of exercise and aqueous extract of dill. The exercise group exercised for eight weeks, with 50-70% of heart rate reserve severity. The supplement group daily consumed dill aqueous extract for the amount of 45% per kilograms of body weight. For the third group a combination of exercise and dill aqueous extract supplement was used. All the subjects gave blood samples before and after the study period in the fasting state. T-correlation and ANOVA were used for statistical analysis of data. The results showed significant differences in levels of blood lipids after endurance exercises combined with dill aqueous extract. The results of this study suggested that endurance exercises along with dill aqueous extract increased HDL and decreased LDL.