EFFECT OF 8 WEEKS OF AEROBIC EXERCISE TRAINING COMBINED TO DIET CONTROL ON LIPID PROFILE IN OBESE PERSON

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ABSTRACT

Abnormal lipid profile in the body cause metabolic defect conducting on obesity. It has also been reported that with massive obesity there is an increased prevalence of cardiovascular disease, hypertension, diabetes mellitus, and pulmonary disorder and Gall stones. The present study aimed to assess the effect of combining aerobic exercise on lipid profile after relatively short time period (8 weeks). Participants performed various aerobic exercises for 8 weeks, four sessions per week. In order to obtain blood simple for biochemical analysis, three stages of bloodletting was performed: prior to exercise (week zero), fourth week and eighth week. Biochemical variables analyzed were total cholesterol (TC), Triglyceride (TG), low density lipoprotein (LDL), high density lipoprotein (HDL), very low density lipoprotein (VLDLP) and low density lipoproteins to high density lipoproteins ration (LDL/HDL). Triglyceride, total cholesterol, low density lipoprotein cholesterol and very low density lipoprotein decreased significantly. Triglyceride to high density lipoprotein cholesterol ration decreased significantly.