

Global Experts Meeting on

## DIABETES, HYPERTENSION, METABOLIC SYNDROME

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**The effect of resistance training on anthropometric characteristics and lipid profile in men with type-2 diabetes referred to Golestan Hospital**

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Physical activity is one of the most important factors in diabetes treatment. The purpose of this study was to investigate the effect of resistance training on anthropometric status and lipid profile in men with type-2 diabetes. 20 patients with type-2 diabetes (age:  $46 \pm 3.4$ ) and Fasting Plasma Glucose [(FPG)  $148.75 \pm 31.5$  mg/dl] participated in this semi-experimental study. The subjects were randomly divided into two groups, resistance training group (n=10) and control group (n=10). Exercise training program was performed for eight weeks with three sessions per week. FPG, lipid profile and anthropometric indices [Waist to Hip Ratio (WHR), Percentage of Body Fat (PBF)/WHR index] were measured before and after the intervention. Statistical analysis was carried out using independent T-test, at significance level of  $P < 0.05$ . At the end of the training period, resistance training produced significant decrease in WHR ( $P = 0.021$ ) and a significant increase HDL ( $P = 0.039$ ). In addition, it was observed significant differences between 2 groups in PBF% ( $P = 0.048$ ) and WHR ( $P = 0.039$ ). It appears that resistance training improves body composition and increases HDL in men with type-2 diabetes.

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