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## Whole body vibration, testosterone, cortisol, Weightloss, BMI

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**Introduction:** The Whole Body Vibration Therapy (WBVT) is a new exercise technology dramatically used in sporting areas and at homes due to the small places occupy and it is easy to use. The literature has shown various effects of this system on the strength, endurance, balance and recently on the endocrine hormones including testosterone, cortisol, growth hormone levels etc. The current study aimed to study the combination effects of the resistive exercise and the WBVT with lateral translation on the level of the testosterone and cortisol in blood serum of young men. This study also aims to help finding a simple and useful method for home exercise to keep well-being and for professionals for helping their championship desire.

**Materials & Methods:** Thirty young males playing football in the league one in Tehran were recruited in this semi-experimental study and were randomly allocated in one of the three WBVT, resistive exercise and the combination of the WBVT and resistive exercise groups. The subjects exercise done day apart for nine sessions. The WBVT was carried out in 50 Hz frequency with the lateral displacement of 4 mm. The blood samples of the subjects were taken before and immediately after the test.

**Results:** The results of this study showed that the combination of the WBVT and resistive exercise significantly increased the level of testosterone and decreased the cortisol level and hence could significantly increase the testosterone/cortisol ration.

**Conclusion:** The increased level of the testosterone to cortisol in blood serum following the combined WBVT and resistive exercise revealed the anabolic nature of these exercises which could help athletes and also the normal people.

### Biography

Aref Saidi is a physiotherapist and pathologist of sports injuries and corrective exercises. He has completed his physiotherapy in Tehran University, Iran. Arif Saidi is working on completing his PhD at the Tehran University, He has participated and has given speeches in some conferences. He is a scientific researcher and he has been summarized in the following Published an article in the Journal of Rehabilitation Medicine martyr Beheshti University of Medical Sciences, Tehran with an article entitled combined effects of whole body vibration resistance exercise with the ratio of testosterone to cortisol in male young footballers. He is the member in the Exercise of Engineering Committee, Ministry of Youth and Sports.

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