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Effect of aerobic exercises versus natural extract on leptin level in obese women

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Background: In clinical practice the prevalence of obesity and overweight is steadily increasing in most of human populations, and because leptin play an important role in the regulation of energy intake and expenditure so, any change in its level can assist in regulation of body weight and obesity.

Purpose of the study: to assess the effect of aerobic exercises versus natural extract on leptin level in obese women. Methodology: sixty obese women were included in this study. Their age ranged from 30 to 40 years, and their BMI ranged from (30-39.9)kg/cm², assigned into three groups: group (A) they performed the designed program of aerobic exercises

three times per week for 12 weeks duration, group (B) they performed the designed program of drinking green tea 3 cups (each cup about 150 ml of water) of green tea every day for 12 weeks, and group (C) they performed the same aerobic exercises program as group (A), plus drinking green tea as the study group (B) for period of 12 weeks. The measurement were done before the study, after 6 weeks, and after 12weeks of treatment for each group by using serum leptin level, BMI, and body weight.

The results: this study provides data showing that a 6-weeks and 12-weeks of drinking green tea, exercises training or a combination of green tea drinking and exercises caused significant reduction in body weight, BMI, and serum leptin level in obese women.

Conclusion: green tea drinking and aerobic exercises were found to decrease the elevated leptin level in obese women.

Biography

Talaat Ahmed is a physical therapist specialist, he is interested in obesity and diet management and control, has been working in the field of physical therapy since 2006, graduated from faculty of physical therapy at Cairo university in 2006, got the master degree in physical therapy from the same faculty in 2014, his master degree was in obesity management with natural extract, enrolled in DPT. Program of Cairo university in 2017. Has been worked as a physical therapist manager of Royal medical care center for physical therapy and rehabilitation at Cairo-Egypt in the period between 2010 till 2014, now working as department manager for Jeddah branch of international Fizik centers at KSA. He is very interested in the field of obesity management and diet control. Talaat Ahmed lives in Jeddah, KSA.

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