Effect of eight weeks interval aerobic exercise on liver enzymes in men’s with nonalcoholic fatty liver disease

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Abstract

Introduction: The aim of this study was to determine the effect of eight weeks interval aerobic exercise on liver enzymes and plasma triglyceride in men’s with nonalcoholic fatty liver disease.

Methodology: For this purpose, 24 men with non-alcoholic fatty liver disease with features (Mean± SD; age 51.31±4.57 year, weight 84.08±5.18 kg, height 173.44±5.03 cm, body mass i, age; 53/86 ± 4/61 (years), weight; 94/04 ± 4/00 (kg), height; 177/42 ± 4/25 (cm), Body mass index 28/21 ± 2 /19 (kg/m²), who were selected through a call and them were divide to two groups (aerobic and control) voluntary. Moderate-intensity interval aerobic exercise Program include walking increasingly 50 percent heart rate reserve three sets at 7 minutes to rest for 5 minutes between sets continued to75 percent heart rate reserve three sets with 10 minutes, and three times in a week. This study was pretest-posttest and its implementation period lasted eight weeks. The dependent variables in the plan include liver enzymes (ALT, AST).

Result: Student's t-test results indicated significant effect of Moderate-intensity interval aerobic exercise on reducing variable plasma AST (P=0.009) and also a significant impact on reducing levels of the enzyme ALT (P=0.018), respectively.

Conclusion: The most effective Moderate-intensity interval aerobic exercise training can help to be used as supplement in the treatment of non-alcoholic fatty liver disease.

Keywords: non-alcoholic fatty liver, aerobic exercise, liver enzymes.
References


