LONGITUDINAL STUDY ON WEIGHT LOSS IN YOUNG WOMEN

ABSTRACT

The aim of this research was to know if exclusively an aerobic training program, that is, without nutritional recommendations or psychological support, had any effect on the body composition in overweight or obese young women. The sample was composed by 14 women aged 23,14± 3,01 years. Incremental aerobic exercise was prescribed for 12 weeks. Each week consisted of three non-consecutive days of 60 to 90 minutes in length. Their weight, body mass index (BMI), total body fat, total lean mass, and percentage of total body fat were recorded before and after treatment. Height was only recorded at the start of the program. Our data show that an exclusively aerobic training of 12 weeks’ duration in young women with obesity or overweight can produce improvements not only in weight loss, and therefore on the BMI, but also in the fatty and lean components, thereby affecting the improvement of health and quality of life.

KEY WORDS

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Woman, Young, Overweight, Obesity, Aerobic Training, Fat Mass, Weight.