



The effect of 8 weeks of resistance training with Baneh supplementation on lipid profile of type 2 diabetic women

Poster Presentation

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Abstract

Introduction: Diabetes mellitus (DM) is characterized by chronic hyperglycemia and impaired carbohydrates, lipids, and proteins metabolism caused by complete or partial insufficiency of insulin secretion and/or insulin action. This study was performed to evaluate the effect of 8 weeks of resistance training with Baneh supplementation on the lipid profile of type 2 diabetic women.

Methods: The method of this research was quasi-experimental. The statistical population of this study was 40 women with type 2 diabetes who were randomly divided into 4 groups (supplement, exercise, exercise + supplement, control). The duration of the study was eight weeks (3 sessions per week). In this study, the subjects in the training group performed only resistance training, the supplementary group used only supplementation, the training + supplement group performed resistance training and took supplementation at the same time. The characteristics of the subjects were summarized using descriptive statistics. The normality of data distribution was investigated using the Shapiro-wilk test, and then research hypotheses were tested using statistical methods of analysis of covariance and paired t-test. Statistical calculations were performed using SPSS software version 23 at a significance level of 0.05.

Results: Considering the significance level of the correlated t-test, it can be stated that the levels of HDL, LDL, and TG in the exercise-supplement group in the post-test phase had a significant decrease compared to the pre-test phase ($P = 0.001$). Also, according to the results of analysis of covariance in the post-test, TG levels in all three groups (supplement, exercise + supplement, control) were significantly different from LDL and HDL levels. ($P = 0.001$).

Conclusion: According to the results, while confirming the first hypothesis, it can be said that 8 weeks of selected exercises with Baneh supplementation has a significant effect on the lipid index of type 2 diabetic women.

Keywords

Training; Baneh; type 2 diabetes; TG; HDL; LDL

Reference:

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