



The effect of resistance and endurance training on patients with non-alcoholic fatty liver disease

Poster Presentation

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Abstract

Introduction: Non-alcoholic fatty liver disease is one of the most common forms of chronic liver disease in the world and is one of the main causes of referral to hepatology clinics in adults. It is also the most common cause of chronic liver disease in children and adolescents. Because there is no proven drug treatment for non-alcoholic fatty liver disease, lifestyle modifications, including physical activity and diet, are the most important non-pharmacological treatments for non-alcoholic fatty liver disease.

Methods: Non-alcoholic fatty liver disease is one of the leading causes of death worldwide. The existence of discrepancies in previous research and the small number of internal research in this field and the importance of the necessity of conducting research in which Compare the effects of endurance and resistance training on non-alcoholic fatty liver disease, Seems logical. This study reviews 12 articles that have examined the relationship between endurance training and resistance to fatty liver disease and has used reputable domestic and foreign publications with a high impact factor derived from Google Scholar and other scientific and research search engines.

Results: Nowadays, using a low-calorie and healthy diet, as well as performing exercises and physical activities, is a suitable solution for treating and improving various chronic diseases, including non-alcoholic fatty liver disease and its related complications in all members of society, including men, women, and children. According to statistics and research, aerobic exercise, resistance training, and low-calorie diet have beneficial effects on liver enzymes (ALT-ALP-AS), body mass index, and visceral fat in people with non-alcoholic fatty liver.

Conclusion: Aerobic and resistance training as well as a low-calorie diet can possibly have positive effects in improving non-alcoholic fatty liver disorder and are the most appropriate, effective, and cost-effective treatment compared to drug treatments for these patients.

Keywords

endurance training; resistance training; non-alcoholic fatty liver disease

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