COMPARISON BETWEEN AEROBIC EXERCISE AND CONSUMPTION OF GREEN TEA ON WEIGHT LOSS IN OVERWEIGHTED MEN

Abstract
Background: Obesity and overweight are important risk factors that cause avoidable disease and death. Aerobic exercise and the metabolic mechanisms of green tea polyphenols available because it can be effective in reducing body weight. The purpose of this study compared the effects of aerobic exercise for 8 weeks and 8 weeks of green tea for weight loss, men were overweight. Methods: 82 men that are overweight has (Age: 38.91±11.59, Height: 175.08±7.76, weight: 87.4±9.3, BMI: 28.3±1.05, WHR: 1.02±0.33) were randomized to two groups: aerobic exercise (12 cases) and green tea (70 cases) were divided into. 8 weeks of aerobic exercise group (three sessions per week) aerobic exercise intensity between 60 to 70 percent of maximum heart rate did and A group of green tea daily dose of 500 mg tablets of green tea was consumed. Results: The amount of BMI and WHR of the subjects was measured before and after the test. Recorded data were analyzed by paired t-test and covariance analysis. Results showed that both aerobic exercise and consumption of green tea body weight, BMI and WHR was significantly reduced (p< 0.05). Compared to the significant difference between aerobic and green tea consumption on body weight, BMI and WHR were observed in overweight men. Conclusion: This study showed that green tea consumption due to aerobic training can increase metabolic rate of body weight, BMI and WHR to be effective.

Keywords: aerobic exercise, green tea, overweight