عنوان فارسی مقاله:
تأثیر تمرینات هم‌زمان مقاومتی و استقامتی بر احساس گرسنگی و PYY در مردان چاق

عنوان انگلیسی مقاله:
The Effects of Concurrent Resistance and Endurance Exercise on Hunger Feelings and PYY in Obese Men

توجه!
این فایل تنا قسمتی از ترجمه می‌باشد. برای تهیه مقاله ترجمه شده کامل با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک نمایید.
Discussion and Conclusion

A number of efforts over a few decades have attempted to investigate the feelings of hunger and some controller hormones of hunger after exercise. Exercise can contribute to successful energy balance by increased energy expenditure and hunger suppression. This study examined the acute effects of concurrent exercise on hunger state and plasma PYY in obese men. The main findings of the current study are: 1) acute concurrent exercise decrease hunger feeling; 2) concurrent exercise increase plasma PYY concentration. Some previous studies suggest that acute exercise leads to suppressed feelings of hunger and a delay in food intake (exercise-induced anorexia) (Blundell et al., 2003).

Broom et al. (2009) investigated the effects of resistance and aerobic exercise on hunger and circulating levels of the gut hormones acylated ghrelin and peptide YY (PYY) in eleven healthy male students. In this study, subjects performed resistance exercise for 90-min free weight lifting session followed by a 6.5-h rest period, and other group, cycled 60-min followed by a 7-h rest period. The study demonstrated that hunger is suppressed during and for a short while after resistance and aerobic exercise. However, this effect has not yet been studied using concurrent exercise. Our results showed that 7 resistance exercises against resistance corresponding to 60% of 1RM bout then ran on the cycle ergometer for 30 minutes at 60% of HRmax depress hunger in obese men.