

THE EFFECT OF EIGHTWEEKS PILATES TRAINING AND CURCUMIN SUPPLEMENTATION ON CARDIOVASCULAR INDICATORS IN OVERWEIGHT AND OBESE WOMEN

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Background and Aim: Excess weight and obesity causes many health problems. Increasing of lipid profile and WHR is common in overweight and obese people, which cause heart problems. The current paper aims at investigating the effects of Pilates training and curcumin supplement on lipid profile and WHR in overweight and obese women. **Methods:** this is a pretest-posttest design experimental research with a control group. A sample of 31 overweight and obese women was divided into three experimental groups (curcumin complement group, Pilates training group, Pilates training and curcumin supplement group) and a placebo group. Pilates exercise performed for 8 weeks, in three 1 hour sessions per week. The supplement group received 1 curcumin capsule daily, containing the 450 mg Turmeric rhizome powder and 50 mg Turmeric extract. Placebo group received 1 starch capsule daily containing 500mg starch. The Lipid profiles Levels (TG, Cho, LDL-C, HDL-C) were measured before and after 8 weeks. SPSS-22 software was used for data analysis. Data was analyzed using multivariate covariance analysis (MANCOVA) and dependent Tukey test. **Results:** Curcumin alone did not have a significant effect on Total cholesterol ($P > .97$). However, Pilates training and also, the combination of curcumin and Pilates training significantly decreased this enzyme ($P > .39$). Curcumin consumption with Pilates training had more significant effect than Pilates on LDL-C Cholesterol Index ($P > .55$), but Curcumin alone did not have a significant effect on LDL-C Cholesterol ($P > .85$). **Conclusion:** Consumption of curcumin with Pilates training can decrease the level of blood lipids and improve Cardiovascular situation. More studies are needed.

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Keywords:

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Creation Date: 10/6/26 12:10:00 PM

Change Number: 2

Last Saved On: 10/6/26 12:10:00 PM

Last Saved By: Microsoft Office User

Total Editing Time: 0 Minutes

Last Printed On: 10/6/26 12:10:00 PM

As of Last Complete Printing

Number of Pages: 1

Number of Words: 312 (approx.)

Number of Characters: 1,782 (approx.)