



Trabalhos Científicos

Título: Physical Exercise For Overweight/obese Adolescents: Impact On Metabolic And Anthropometric Variables.

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Resumo: Introduction: Obesity is acquiring epidemic proportions. Among many organic complications found in obese adolescents, metabolic syndrome is a major problem. Physical exercises seems to help to improve the condition. This study was developed to evaluate a 12-week aerobic exercise program effects on metabolic and anthropometric variables in overweight and obese adolescents. Methods: It was a longitudinal clinical trial comparing 2 groups of overweight or obese adolescents. The control group (CG, n=17, 6 boys, 11 girls; 13.29 ± 2.22 years of age) participated in biweekly meetings with an interdisciplinary educational group for a period of 12 weeks. The test group (TG, n=15; 7 boys, 8 girls; 12.73 ± 2.37 years of age) participated not only in these biweekly meetings, but also in a supervised program of aerobic exercise (moderate intensity, 12 weeks, 60 min. sessions 3x/week). Anthropometric variables, blood pressure, total cholesterol (TC) and fractions were obtained before and after the 12 weeks intervention period and analyzed for the comparison of means using the Student's t-test. Results: The CG displayed an increase in weight, height, BMI, waist circumference, triglycerides, TC and VLDL ($p < 0.05$). The TG displayed a reduction in BMI, in waist circumference and SBP and an increase in height and in TC ($p < 0.05$). The difference between the two groups was significant for weight, height, BMI, waist circumference and systolic blood pressure ($p < 0.05$). Discussion: A 12 weeks program of aerobic exercises has positive effects on the metabolic and anthropometric variables related to metabolic syndrome in overweight or obese adolescents.