Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women.


Source

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Abstract

OBJECTIVE:

Regular and continuous yoga exercise is one of the most important nonpharmacological methods of improving serum lipid concentrations, adipose tissue, and metabolic syndrome factors. The purpose of this study was to analyze the effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal Korean women.

METHODS:

Sixteen healthy postmenopausal women aged 54.50 ± 2.75 years with more than 36% body fat were randomly assigned to either a yoga exercise group (n = 8) or to a "no exercise" control group (n = 8). The variables of body composition, visceral fat, serum adiponectin, and metabolic syndrome factors were measured in all the participants before and after the 16-week study.

RESULTS:

Body weight, percentage of body fat, lean body mass, body mass index, waist circumference, and visceral fat area had significantly decreased. High-density lipoprotein cholesterol and adiponectin had significantly increased, but total cholesterol, triglyceride, low-density lipoprotein cholesterol, blood pressure, insulin, glucose, and homoeostasis model assessment-insulin resistance had significantly decreased. Serum adiponectin concentrations were significantly correlated with waist circumference, high-density lipoprotein cholesterol, diastolic blood pressure, and homoeostasis model assessment-insulin resistance in the postyoga exercise group.

CONCLUSIONS:
Our findings indicate that yoga exercise improves adiponectin level, serum lipids, and metabolic syndrome risk factors in obese postmenopausal women. Consequently, yoga exercise will be effective in preventing cardiovascular disease caused by obesity in obese postmenopausal Korean women.

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