

: -
 / / :
 / / :

- - - - -

± / , / ± /
 / ± /

(BF%) **(VO₂max)**
(HDL) **(LDL)** **(TC)**
(WHR) **(TC/HDL)** **(TG)**
FFM, **P< /**
P≤ / **BMI BF% WHR, TG, LDL**
P≤ / **TC**
TC/HDL HDL

(LDL) **(BMI)** **(TG)** **(TC)**
(VO₂max) **(HDL)**



(CHD) - ,
()

/ CHD
CHD

, ()
, () CHD

-
, ()

, (, ,)
(TC)
(HDL)

(-)

-
- 1- Coronary Heart Disease
 - 2- Triglyceride
 - 3- High Density Lipoprotein

.() **CHD**

.()

FFM BF% , WHR , BMI

,BF , WHR , BMI

FFM

WHR

, BMI

SECA

WHR

$$\text{BMI} = (\quad) : (\quad)$$

$$\text{WHR} = (\quad) : (\quad)$$

Meikosha-Elyoken

$$:$$

$$\text{BF}\% = / : (\text{BD}) - / * (\quad)$$

$$\text{BF}\% = / : (\text{BD}) - / * (\quad)$$

$$\text{BD} = / - / * (/) + / * (/) - / * ()$$

$$\text{FFM} = (\quad) - (\quad *)$$

HDL LDL

TC TG

$$: (\quad) /$$

=

=

$$= / - / * (/) - / * (/) + / * ()$$

HDL

HDL

P < /

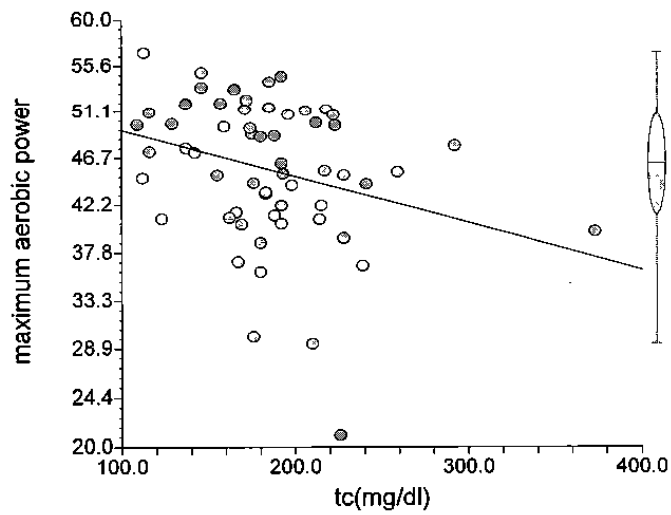
(n =)

$\bar{X} \pm SD$			
/ ± /			()
174 ± /			(Cm)
70.74 ± /			(Kg)
82.29 ± /			(Cm)
94/9 ± /			(Cm)
'/ " ± '/ "	'/ "	'/ "	/
/ ± /			()
/ ± /	/	/	()
/ ± /			()
/ ± /	/	/	WHR
% / ± % /	% /	% /	() BF
/ ± /		/	BMI(Kg/m ²)
/ ± /	/	/	VO _{2max} (ml/Kg/min)
/ ± /	/		FFM(Kg)
/ ± /			TC (mg/dl)
/ ± /			TG (mg/dl)
± /			HDL (mg/dl)
/ ± /			LDL (mg/dl)
/ ± /	/	/	TC/HDL

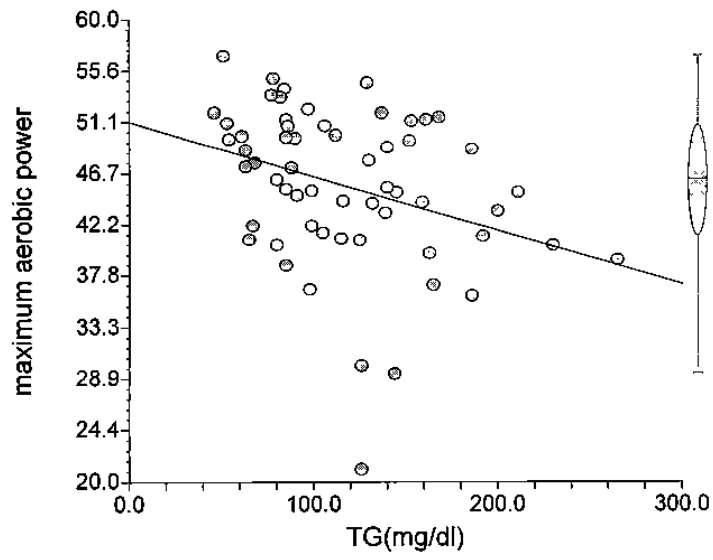
<i>(n =)</i>				-
**	/	/	WHR	
**		/	(%BF)	
**	/	/	LDL-C	
**	/	/	TG	
**		/	BMI	
**	/	/	FFM	
*	/	/	TC	
-	/	/	TC/HDL	
-	/	/	HDL-C	

P< / **

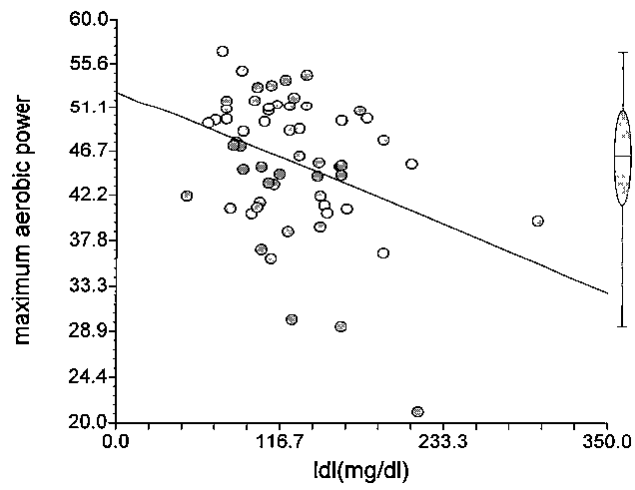
P< / *



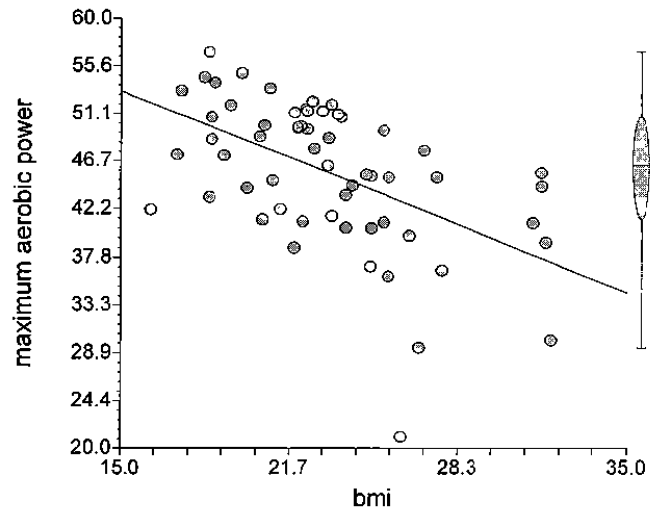
(n =)TC



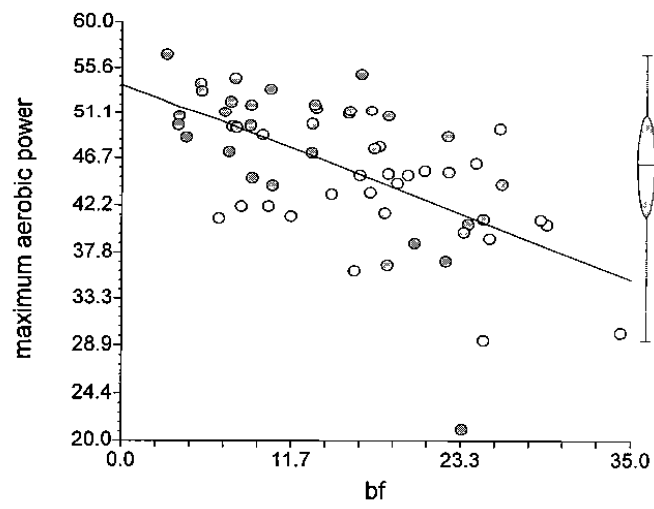
(n =)TG



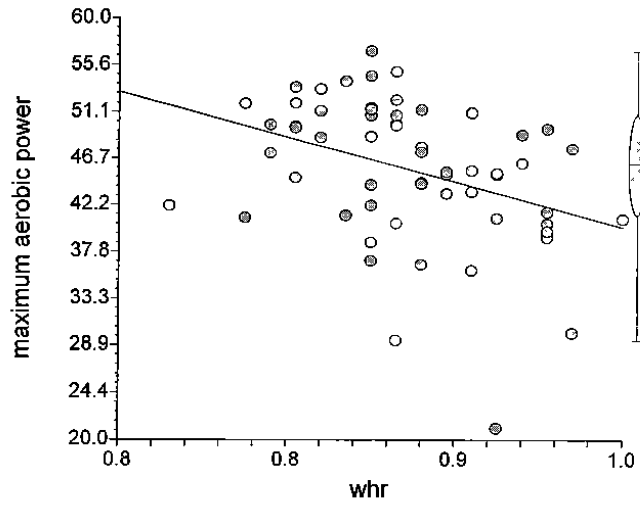
(n =)LDL



(n =) *BMI*



(n =) *BF*



(n =) *WHR*

TG, LDL

$P \leq /$
 $P \leq /$ **TC**

()

TC LDL, TG

(,)

(, ,)

HDL TC/HDL

HDL

HDL

WHR ,BMI,BF%,LDL,TG,TC
FFM

-
3. **Abbet D, et al. (1997).** "Cross-sectional and longitudinal changes in total and high-density-lipoprotein in cholesterol levels over a 20-year period in elderly men": *The Honolulu heart program* ; 7: PP:417-424.
 4. **Broda G, Rywik S, Szczesgniewska D. (1995).** "Relation of triglycerides and lipoprotein cholesterol concentration to incidence of coronary heart disease". *Atherosclerosis* 115 (suppl). S3. S42.
 5. **Dorn J P, et al. (1999).** "Work and leisure time physical activity and mortality in man and woman a from a general population sample". *Ann epidemiol* ; 9: PP:366-373.
 6. **Drygas W. Kostka T, Jegier A, Kunski H. (2000).** "Logn-term effects of different physical activity levels on coronary heart disease risk factors in middle-aged men". 21:PP:233-241.
 7. **Eaton CB, Lapane KL, Garber CE, Assaf AR Lasater TM, Carleto RA. (1995).** "Physical activity , physical fitness , and coronary heart risk factors". *Med Sic Sports Exerc.* 27 : PP: 340-346.
 8. **Heyward V H. (2000).** "Advance fitness assessment and exercise prescription Champaign IL". *Human Kinetics.*
 9. **Hunter G, Szabo T K, Snder S W . (1997).** "Fat distribution, physical activity and cardiovascular risk factor". *Med, Sic, Sport Exerc* ; 26 : PP:362-368.
 10. **Katzmarzyk P, Malina R M, Bouchard C. (1999).** "Physical activity, physical fitness and coronary heart disease risk factors in youth : *The Quebec family study*". *Preventive Medicine* . 29 : PP:555-562.
 11. **Leon A S, Sanches O A. (2001).** "Response of blood lipids to exercise training alone or combined with dietary intervention". *Medicine & Science in Sports & exercise* ; 33 : PP: S502-S515.
 12. **Querfeld U, Kropcīt D, Kienck P, Blaker F, Michalk D.(1997).** "Self-reported physical activity in healthy children is correlated with cardiovascular risk factor". *11th international symposium on atherosclerosis . Paris.*
 13. **Rak K J. Oberman A, Fletcher G F, Lee J Y. (2001).** "Effect of exercise intensity and frequency on lipid level in men with coronary heart disease *The American Journal of Cardiology*; 87 : PP:942-946.
 14. **Reynage O M G. (1996).** "Interaction of the Body composition nourishment, serum lipid and maximal aerobic capacity in sport recreation athletes, *Rev, Max patol*". *Clin*; 4391;PP: 27-34.

-
15. Rosengren A, Wilhelmsen L,(1997). *“Physical activity protects against coronary death from all causes in middle-aged man”*. *Ann Epidemiol*; 7; PP:69-75.
 16. Sesso H D, Paffenbarger R S, Min Lee I. (2000). *“Physical activity and coronary heart disease in men”*. *Circulation*. 102; PP:975-980.
 17. Shiun H D, Takashi H, Muto T, Yutaka S.(1998). *“Regular physical activity and coronary risk factor in Japanese men”*. *Circulation*, 97 ; PP: 661-665.
 18. Skoumas J. et al. (2003). *“Physical activity and other lipid levels in men and women from the ATTICA study”*. *Lipid health Dis*; 2(1) : P:3.
 19. Stanley Hui. (2001). *“Health and physical activity in Hong Kong”*. www.hksdb.org.hk.
 20. Sternfeld B, et al.(1999). *“Seven-year changes in physical activity fitness, physical activity and lipid profile in the cardio study”*. *Ann Epidemiol*, 9: PP: 25-33.
 21. Wong . S, Wong. J. (1999). *“Is physical activity as effective in reducing risk of cardiovascular disease as estrogen replacement therapy in postmenopausal women? International Journal of Nursing Studies, 36 : PP: 405-414.*