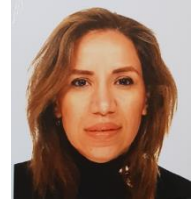


## ***Efficacy of the curves training program for losing body weight, body circumferences and fat mass percentage: A no- randomized clinical trial***

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### ***Abstract***

**Purpose:** Hypokinesia is the fourth cause of endemic death in the world. The prevalence of obesity, caused by hypokinesia, in the world continues to increase and it is a main risk factor of chronic diseases. Our aim was to evaluate the effectiveness of curves program and high intensity interval training (HIIT) in healthy women. **Methods:** The study design is a non-randomized clinical trial. Eighty women with age between 30 to 40 years (who train 3/4 times a week) over a period of six months. There were allocated into a “Curves” program group (n = 40) and a High Intensity Interval Training group (n = 40). BMI, body fat, fat mass percentage was calculating by OMRON body fat 306 TM at baseline and the end of intervention. **Results:** the results between High-intensity interval training and curves show that Curves scores were significantly lower among Interval training. after 6 months the most impact was on “Abdomen loss “in Curves Group Mean(SD) = -4.48(1.70). According to the multivariate analysis, we can say that for all the dependent variables Weight loss -0.320 (<0.001), Trunk loss -0.376 (<0.001), Abdomen loss -0.276 (<0.001), Hip loss -0.302 (<0.001), Lower arm loss -0.248 (0.003) and Fat mass loss -0.153 (0.061) the Curves group shows significant results in comparison with the High-intensity interval training group (p < 0.001) while the civil status is significantly associated with only “Upper arm loss” variable ( $\beta = -0.357$ ; p <0.001). **Conclusions:** This “Curves” program improved strength muscles, loss of fat and fat mass reduction more than High Intensity Interval Training.

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### ***Speaker Publications:***

1. Tai Chi and Workplace Wellness for Health Care Workers: A Systematic Review; Research gate- Jan 2020
2. Plasma leptin and adiponectin concentrations in postmenopausal women with breast cancer following aerobic exercise; Research gate- Jan 2017

[2<sup>nd</sup> International Conference on Women’s Health, Reproduction and Fertility](#), March 16-17, 2020 Dubai, UAE

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### ***Biography:***

I am Shima Gholamalishahi Second year PhD student in Infection Disease, Microbiology and Public Health at Sapienza University of Rome, I graduated in Master of Physical Activity