

Effect of regular physical activity on hormonal variables in women taking oral contraceptives

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The aim of the study was to compare hormonal's responses on triglycerides, HDL-C, LDL-C, cholesterol, glycemic and progesterone for women taking oral contraceptives "OCs" and practice a regular physical activity "PA" (swimming). Sixteen women (age= 26.31 ± 3.11 years) who were taking OCs (oral contraceptives, 3rd generation; Meliane®, Microgynon®) for at least 6 months were volunteered for the study and had not been pregnant in the last year. The participants had practiced swim sport (moderate-intensity, endurance-type exercise 2-3days/week for 75min maximal) for 13 weeks during the experimental period. There was a significant difference between pre/post-tests at level ($p < 0.01$) in the variables; weight, body mass index (BMI), cholesterol, progesterone, and at level ($p < 0.05$) in glycaemic, with decreases ratios of these variables (0.059%, 0.059%, 0.025%, 0.017%, 0.018% respectively). As a result, such knowledge should aid in clarify the effects of practicing a regular PA like swim on hormonal variables as well as the design of a woman's body, the prevention of obesity, and the risk of developing heart disease, and artery disease.

Biography

Sahioualdi Bouchra has completed his MSc at the age of 25 years from Djillali Liabes University of Sidi Bel Abbes in Algeria, she is study in Biology. She is member of group recherche of APSSEH. She was published some paper in sports sciences filed