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Combine Physical Exercise on C-reactive Protein, Adiponectin and Insulin Resistance in Obese Middle School Girls

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The purpose of the present investigation was to determine the effect of combine exercise on C-reactive protein(CRP) and adiponectin, and to asses whether combine exercise-induced changes in insulin resistance could be explained in part by changes in these in these inflammation markers. Twenty two participants (BMI >95 percentile for age and sex) were allocated exercise group(n=12) and control group(n=10). Subjects had their body shape, body composition, glucose, insulin, HOMA-IR, CRP and adiponectin levels measured. Modest improvements in body composition, insulin resistance markers were observed, however, adiponectin and CRP did not changes. These data suggest that adiponectin and CRP is not a contributory factor to the exercise-related improvements in insulin resistance. Additional studies are needed to assess the effects of different duration, modes and intensities of exercise on inflammation markers.

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Leisure Exercise on Depression, Self-esteem, and Values of Health in the Elderly

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The present study was designed to examine the effects of exercise program on depression, self-esteem, and value of health among different type of participation. 184 older adults were volunteered to participate in the study and were female. Older adults must recognize and understand the complex influences shaping the value women place on health. Women want to participate actively in their own health care by assuming more responsibility for their health and well-being. Three instruments were used in the study: the Center for Epidemiologic Studies Depression Scale(CES-D), the Rosenberg Self-Esteem Scale(RSES), and the Health Values Scale. Data were analyzed by collection of frequency of response, which was then converted to a percentage. To determine if differences existed in respect to demographic variables, One-way ANOVA and correlation measures were used. The results were as follows: There was higher the depression in elderly groups than younger groups. There was higher the depression in low income groups than high income groups. The subjects in the pre-contemplation stage was higher the depression and was lower the self-esteem and the value of health. Finally, depression was negative correlated the self-esteem and the value of health and was positive correlated the self-esteem and the value of health.