

98 RISK OF CORONARY HEART DISEASE (CHD) BETWEEN SPORTS PERSONS AND SEDENTARY PERSONS

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The purpose of the current study was to know the effect of exercise on coronary heart disease (CHD) between sports persons and sedentary persons. We performed a randomised trial to compare the CHD between sports and sedentary persons. Ten sports persons were compared with 10 sedentary persons. Subjects were assessed for serum total cholesterol, triglycerides (TG), high-density lipoprotein (HDL-C), low-density lipoprotein (LDL-C), very low density lipoprotein (VLDL-C) and C/H-ratio, which are indicators of CHD. Results showed lower levels of TG and VLDL-C but high level of HDL-C (good cholesterol) values ($p < 0.05$) in sports persons as compared to sedentary persons. Results also indicated that total cholesterol mean value of sports persons was lower compared to sedentary persons. Sports persons are at lower risk of development and progression of CHD as compared to sedentary persons, indicating that exercise will help to maintain their lipid profile, which plays a key role in CHD and atherosclerosis. Studies clearly show that sports persons are less likely to develop CHD than sedentary persons. Thus routine exercise is recommended for all sedentary persons in their busy schedules for a good healthy life.