142 **DOES LIFESTYLE CORRELATES WITH BODY COMPOSITION AND LIPOPROTEIN-LIPID PROFILES IN OBESE FEMALES?**

Mandana Gholami, Lila Sabbaghian Rad *Islamic Azad University, Science and Research Branch, Tehran, Iran*

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The purpose of this study was to examine the correlation of lifestyle, body composition and lipoprotein-lipid profiles in obese females. A total of 26 healthy females (age=23.01±3.56 years, height=160.05±5.70 cm, weight=74.50±5.90 kg, body fat=38.40±4.31%, body mass index (BMI)=28.95±2.01) were randomly selected from 86 healthy obese female (BMI > 25). The subjects were randomly assigned to a control group (CG, n=13) and training group (TG, n=13). Body weight, percent body fat, fat weight, BMI, total cholesterol, triglyceride, high density lipoprotein cholesterol and low density lipoprotein cholesterol and correlation between them were measured. TG exercised with selected exercise with 70–80% maximum heart rate and diet in 10 weeks period of training. A total of energy expenditure through exercise and diet was about 3200 kcal per week. In TG, significant improvement ($p<0.05$) following selected programme was found in lifestyle 33%, and significant correlation were found between lifestyle and weight, percent body fat, fat weight, BMI, triglyceride and high density lipoprotein cholesterol. The result of this study shown that selected programme can improve lifestyle and significant correlation were found between lifestyle and body composition and serum lipoproteins in obese females.