

EFFECT OF AEROBIC ACTIVITIES ON METABOLIC SYNDROME; REFERENCE TO REGIONAL SECRETARIAT OFFICE AT ALAWWA, SRI LANKA

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Metabolic syndrome is a cluster of conditions that increased blood pressure, high blood sugar, excess body fat around waist and abnormal cholesterol or increasing heart disease, stroke and diabetes. The prime aim of this study was to identify the effect of eight weeks aerobic training programme to reduce the metabolic syndrome of regional secretariat office workers in Alawwa. The study conducted by using pre- test post -test pre experimental research design and data were analyzed by using Minitab 17 software. The sample consisted of 20 female workers selected from screening method who were in age 30–60. The eight weeks training programme was conducted by 3 days/week and 1 hour/day. IPAQ questionnaire used to assessed physical activity level and standard tests were used to assessed diabetes, cholesterol, pressure and finally waist circumference, hip circumference, height and weight were measured. Paired t test and Wilcoxon signed rank test were used to analyzed the data. Results revealed that there were significant difference in pre and post test of low density lipoprotein, total cholesterol, fasting blood sugar, BMI, physical activity level and systolic pressure ($p < 0.05$). Further, there were no significant different between triglycerides, pressure (systolic) and high density lipoprotein ($p < 0.05$). Although there is an important element of personal responsibility, adequate exercise, maintaining healthy body image, stress management would require a consistent positive change of lifestyle. Furthermore, exercises can be utilized to reduce metabolic syndrome and individuals who exercise regularly report improved mood and sense of well-being.

Keywords: *Metabolic syndrome, Diabetes, Lipid profile, Pressure, Physical activity level*