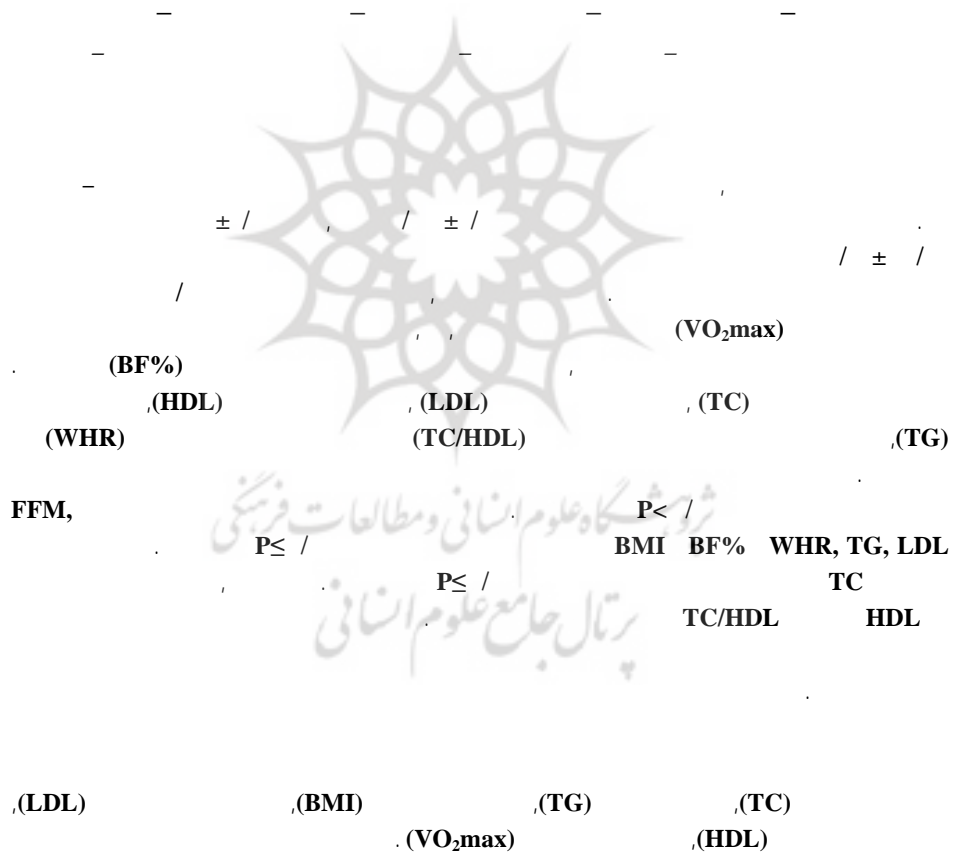


:
/ / :
/ / :



(CHD)

()

/ CHD

CHD

()

(,)

CHD

()

پروپشہ گاہ علوم انسانی و مطالعات فرہنگی ()

(TC)

(HDL)

()

-

)

- 1- Coronary Heart Disease
- 2- Triglyceride
- 3- High Density Lipoprotein

	CHD
	()
	±
HDL	(LDL)
	()
TG , (TC)	HDL
	()
	LDL
	()
(BMI)	LDL/HDL
BMI	(DBP)
	(,)
CHD	(BF%)
BMI	

- 1- Low Density Lipoprotein
- 2- Total Cholesterol
- 3- Diastole Blood Pressure
- 4- Body Mass Index
- 5- Body Fat Percent

()

CHD

()

FFM BF% , WHR , BMI

,BF , WHR , BMI

FFM



WHR

, BMI

SECA

WHR

$$\text{BMI} = (\quad) : (\quad)$$

$$\text{WHR} = (\quad) : (\quad)$$

Meikosha-Elyoken

: ()

$$\text{BF}\% = / : (\text{BD}) - / * (\quad)$$

$$\text{BF}\% = / : (\text{BD}) - / * (\quad)$$

$$\text{BD} = / - / * (/) + / * (/) - / * (\quad)$$

$$\text{FFM} = (\quad) - (\quad * \quad)$$

HDL LDL

TC TG

: ()

$$= / - / * (/) - / * (/) + / * (\quad)$$

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HDL

HDL

P < /

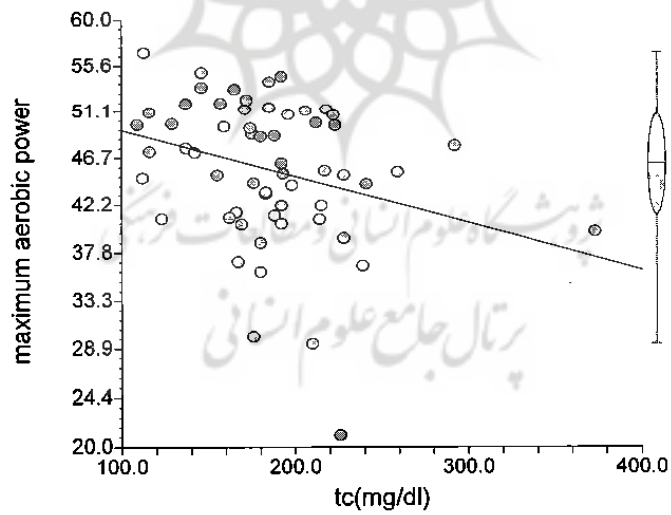
(n =)

$\bar{X} \pm SD$			
/ ± /			()
۱۷۴ ± /			(Cm)
۷۰/۲۶ ± /			(Kg)
۸۲/۲۹ ± /			(Cm)
۹۴/۹ ± /			(Cm)
'/ " ± ' / "	'/ "	'/ "	/
/ ± /			()
/ ± /	/	/	()
/ ± /			()
/ ± /	/	/	WHR
% / ± % /	% /	% /	() BF
/ ± /	/	/	BMI(Kg/m ²)
/ ± /	/	/	VO ₂ max (ml/Kg/min)
/ ± /	/		FFM(Kg)
/ ± /			TC (mg/dl)
/ ± /			TG (mg/dl)
± /			HDL (mg/dl)
/ ± /			LDL (mg/dl)
/ ± /	/	/	TC/HDL

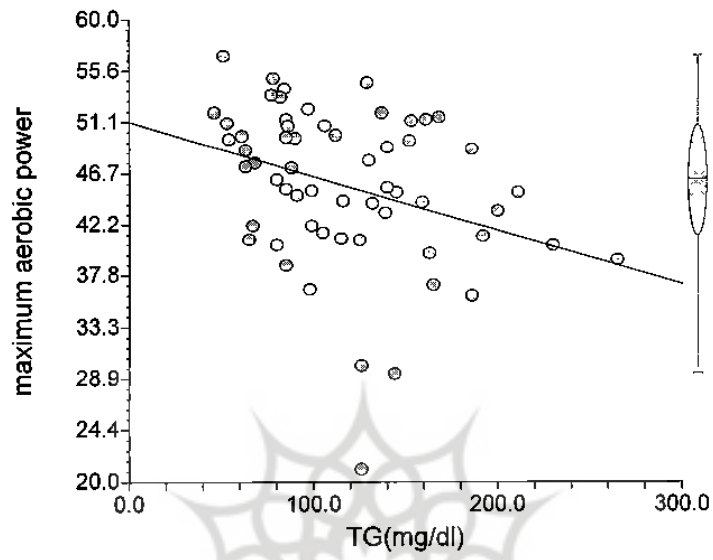
$(n =)$			
**	/	/	WHR
**		/	(%BF)
**	/	/	LDL-C
**	/	/	TG
**		/	BMI
**	/	/	FFM
*	/	/	TC
-	/	/	TC/HDL
-	/	/	HDL-C

P < / **

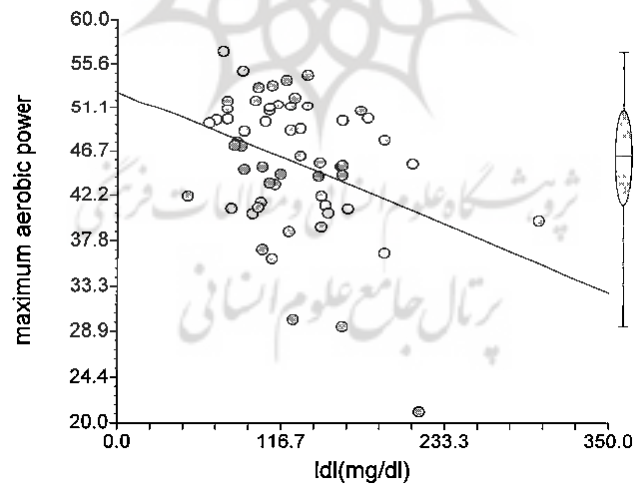
P < / *



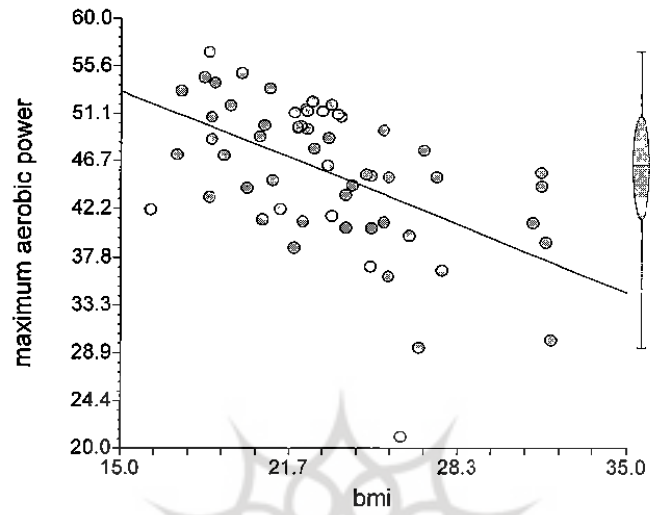
$(n =)TC$



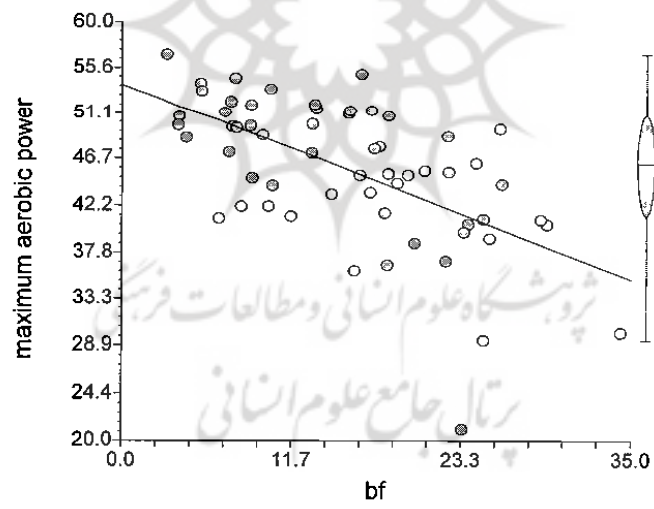
(n =)TG



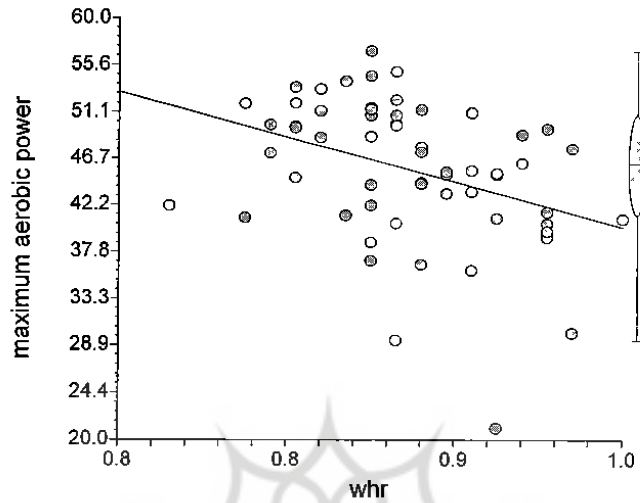
(n =)LDL



(n =) **BMI**



(n =) **BF**



(n =) WHR

TG, LDL

P ≤ /

P ≤ / TC

(.)
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TC LDL, TG

(,)

(, ,)

HDL TC/HDL

HDL

HDL

(.)

HDL TC/HDL

(,)

,WHR , BMI

$P \leq /$

FFM %BF

BMI

(.)

(.)

BMI WHR

(.)

TG

,WHR , BMI

WHR BF%

WHR BF%

,BMI

(.)

FFM BF%

WHR

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BMI

(.)

WHR ,BMI,BF%,LDL,TG,TC
FFM



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