**EFFECTS OF CARDIAC REHABILITATION AND EXERCISE TRAINING PROGRAMS ON BODY COMPOSITION IN CORONARY PATIENTS**

B. Moradi1, **M. Esmaeilzadeh1**, M. Maleki1, M. Nalini2, SH. Jafari3

1Rajaie Cardiovascular Medical and Research Center, Tehran University of Medical Sciences, Tehran, 2Imam Ali Hospital, Kermanshah University of Medical Sciences, Kermanshah, 3Islamic Azad University, Science and Research Branch, Tehran, Iran

Background: Most patients with coronary heart disease are overweight or obese. An increased accumulation of fat in the intra abdominal cavity is highly correlated with adverse coronary risk profiles. Many studies in cardiac rehabilitation setting showed that patients who exercise show an improvement in coronary risk profile, further research in needed to define better program for weight loss and risk improvement in coronary patients.

Objectives: The aim of this study was to determine the effect of cardiac rehabilitation program on body composition and body fat distribution in a coronary population.

Methods: The study investigated 118 coronary patients (27 females and 91 males) with mean age of 53.83+8.01 years before and after 2, 6 and 12 months of cardiac rehabilitation program. Outcome variables included weight, body mass index, body fat distribution indices such as waist circumference and waist to hip ratio (WHR).

Results: Weight, waist circumference, W/H ratio and BMI significantly decreased with 2 month (supervised program) p<.001, but hip circumference was not significant change. All of measurements did not show significant changes in the end of program (after 12 months).

Conclusions: A 2-month supervised cardiac rehabilitation program was associated with good improvements in body composition and body fat distribution. Men improve to a greater extent than the female patients. The effects of non supervised program were minimal and it will need to be reviewed.