COMPARATIVE STUDY ABOUT THE FAT PERCENTAGE IN MICE SUBMITTED TO MODERATE AEROBIC AND INTENSIVE ANAEROBIC TREATMENT

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This study aimed to compare two kinds of physical training (moderate and intensive resisted) about the reduction of the percentage of corporal fat. Twenty-seven wistar male mice were used, divided in three groups: control (C – did not participate of any physical training), moderate aerobic trained (TA) and intensive resisted anaerobic trained (TAn). The trained group were submitted to swimming trainings during five weeks with plumb weights fastened in their throrax. To the TA group, it was adopted the continuous method of training and to the TAn group it was adopted the intermittent method of training. All the mice were weekly weighted and the intensity of exercises to the trained groups was adjusted according to the animal weight, and it was used the following charges of exercises: 2, 3, 4 and 5 % to the group TA and 10, 20, 30 and 35% to the group TAn. At the end of the experiment all the mice were deceased. The results pointed that the medium corporal weight of the TAn group was higher than the other groups (368,88 +- 87,67g). The groups C an TA showed similar body weight (C = 306,77 + 20,43 g; TA = 298,44 +- 28,90 g). About the fat percentage, the TAn group was again the one that presented the minor index of all the groups (18,7 +- 3,1%), showing that the growth of medium corporal weight of this group occurred because of a lean mass growth, and not a fat one. Between the C and TA groups, the last presented the minor index of corporal fat (24,77 +- 1,8%) in relation to the first group (31,5 +- 2,5%). It is possible to conclude that the intensive resisted physical exercises promote in the TAn group was more efficient to the decrease of corporal fat beyond to promote a significant makeup on the muscular mass. However, studies that comprehend histological and histochemical techniques in these protocols must be encouraged.

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