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### Oral Presentation 1-12

#### Moderate Intensity and Low Intensity Aerobic Exercise To Dyslipidemia on Menopausal Woman

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**Abstract:**

**Objectives:**

Dyslipidemia is the deviation fat content of one or more of lipid profil and common in menopausal woman. Because the role of the hormon estrogen decreases for the activation of the enzyme Lipoprotein Lipase and Hormone-Sensitive Lipase so fat catabolism decreased so will result in increase of total cholesterol, LDL, TG and decreased levels of HDL. Prolonged dyslipidemia can cause desease such as artherosclerotic. Aerobic exercise can reactivate the enzyme LPL and HSL hormone in capillary walls and muscles that will help improve fat catabolism.

**Methods:**

Type of research is quasi experiment with pre and post test two groups design. Sampling technique is random sampling.Total respondents are 68 who included in middle age. Each consits of 34 respondents given a low-intensity aerobic exercise at 65% MHR of 80 mins in extra time on core exercise and moderate intensity aerobic exercise at 75% MHR of 60 mins. Performed 3 times a week for 6 weeks.Cholesterol, LDL, TG and HDL obtained by blood sampling and examination in the clinic laboratory.

**Results:**

The influence of moderate and low intensity aerobic exercise that given extra time on core exercise to dyslipidemia of menopausal woman with p values of each count is 0.0001. There are difference being in the LDL with p value 0.002,TG is 0.006. Cholesterol is 0.0018 and HDL is 0.0019.

**Conclusions:**

This research is expected to improve dyslipidemia of menopausal woman after receiving treatment of moderate intensity and low intensity aerobic exercise with extra time on core exercise after 6 weeks.