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Effect of Physical Activity Level on Lipid Profile of Adults Working in Tertiary Institutions in Abeokuta, Western Nigeria

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Abstract:
A sedentary lifestyle is a risk factor for Cardiovascular Diseases (CVDs). Engaging in regular Physical Activi has been reported to avert or slow down processes leading to the development of CVDs. This study cross-sec examined the effect of different levels of PA on lipid profile of workers in two tertiary institutions in Abeokut State, Nigeria. About 375 apparently healthy workers (147 males and 228 females) were included in the ana validated questionnaire was used to collect demographic, socio-economic, lifestyle and PA information. Base information collected, participants were categorized into intense, medium and low PA group. Total Cholester Low Density Lipoprotein Cholesterol (LDL-C), High Density Lipoprotein Cholesterol (HDL-C) and Triglyceri were analyzed using standard procedures. Men in the intense PA group had a significantly ($p<0.05$) lower TC an C and a higher HDL-C than those in the low PA group. LDL-C was significantly lower ($p<0.05$) in wome intense PA group compared to those in the low PA group. The beneficial effect of regular PA in lowering blood sedentary workers is confirmed.