# Effect of Aerobic Hula Hoop Exercise and Behavioral Modification on Waist Circumference and Body Mass Index in Metabolic Syndrome Risk Students

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## ABSTRACT

This quasi-experimental research aimed at investigating effects of a program promoting aerobic hula hoop exercise and nutritional education on Body Mass Index (BMI), Waist Circumference (WC) in persons at risk of metabolic syndrome. Through purposive sampling, a sample of 27 individual was selected according to the inclusion criteria including WC 32 inches or more in women and 36 inches or more in men. The sample received nutrition education and performed aerobic hula hoops exercise with a group leader, lasting for 40 minutes at least three times a week over a period of 16 weeks. The instruments consisted of a demographic questionnaire, a social support questionnaire, a health check-up record, dietary record, hula hoops and an aerobic exercise video. Data were analysed using descriptive statistics and inferential statistics, which included pair t-test.

Results revealed that after the program, the sample had no change in BMI but lower in WC with a statistical significance. The results suggested that aerobic hula hoop can be useful for burning abdominal fat in persons at risk for metabolic syndrome. In case that BMI and weight cannot be reduce suggest us researcher should focus on diet control of sample group.

KEYWORDS : EXERCISE / HULA HOOP AEROBICS / METABOLIC SYNDROME