

## Investigate the role Temperament on changes in body fat mass and postmenopausal women after 8 weeks of resistance training

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### Abstract:

**Background and Purpose:** It is reported that type of temperament is associated with fat mass. On the other hand reviews conducted showed that with increasing age temperament especially women cold tends to find. Transition to menopause and lowering sex hormone as well as the reduction of physical activity leads to changes in women's body fat values. So the aim of this study was to investigate the role of temperament on the changes in fat mass and body fat percentage of postmenopausal women after 8 weeks of resistance training.

**Methods and Materials:** The study was also conducted in groups. After the recall of 18 postmenopausal women, for selected targeted and after determining the type of temperament. Temperament movements by questionnaire the two groups with cold and dry temperament (n=9) And cold and wet (n=9) a week for 8 weeks and 2 days with an intensity of 20-30% 1RM practiced. body composition values with In body device before and after the training were evaluated in the fasting state. to analyze the data within each group and between groups was statistically significant. significance level tests  $P \leq 0 / 05$  was considered.

**Results:** After 8 weeks of resistance training all in subjects with cold and dry temperament and temperament cold and wet observed a significant decrease in fat mass ( $P \leq 0/05$ ); and percentage fat was significant in an cold group and wet ( $P \leq 0/05$ ). between changes in fat mass and body fat percentage after eight weeks, there was no difference between the two groups temperaments ( $P < 0/03$ ).

**Conclusion:** The type of temperament to changes in fat mass and body fat percentage is effective.

**Keywords:** temperament, fat mass, Fat percentage, menopause.

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