

##C441179 : MAJOR PHYSICAL EDUCATION

KEY WORD: WALKING EXERCISE / DIFFERENT TIME DURING THE DAY CHOLESTEROL /  
TRIGLYCERIDE

NIRAN CHAORUEHAK : EFFECTS OF WALKING EXERCISES IN DIFFERENT TIME  
DURING THE DAY ON THE CHANGES OF BLOOD CHOLESTEROL AND  
TRIGLYCERIDE OF FEMALE ELDERLY. THESIS ADVISOR : ASSOC. PROF.  
ANAN ATTACHOO, Ed.D. 126 pp. ISBN 974-583-500-5

The purpose of this research was to study the effects of walking  
exercise in different time during the day on the changes of blood  
cholesterol and triglyceride of female elderly.

It was found that :

1. The changes of the cholesterol, HDL-C, LDL-C and triglyceride  
substances of the experimental groups and the control group were  
statistically significant differences at .05 level.
2. There were no statistically significant differences of cholesterol  
HDL-C, triglyceride between the first and the second experimental  
groups at .05 level.
3. There was a statistically significant difference of the LDL-C  
between the first and the second experimental group at .05 level.
4. The cholesterol, LDL-C, triglyceride and HDL-C of the  
experimental groups were markedly decreased and increased at .05 level,  
respectively.