

# A comparison on the effects of different type yoga to body composition, sleep quality and perceived health status of mi

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## ABSTRACT

Middle-aged and old women do not have exercise habit and experience physical changes that cause problems of health in Taiwan. This study intends to investigate the effect of different type yoga exercise, on body composition, sleep quality and perceived health of middle-aged and old women. Ninety-one women, whose age is 45-65 years old, are divided into power fitness with 31 members, hatha group with 30 members and none-yoga group with 30 members. Both yoga group members take yoga exercise one and half hour a day, two days a week for twelve weeks. None-yoga group members do not take yoga exercise. After twelve -week yoga, all participants are measured for the following items: body fat percentage, body mass index (BMI), waist-hip ratio, bone density, and fill out the questionnaires of the quality of sleep and perceived health. The data were analyzed by frequency, MANOVA and the results were as followed: 1. Both yoga groups confirm that the posttest decreased than the pretest on body composition. of yoga participants have significantly decreased and their bone density, sleep quality, and perceived health status significantly improved ( $p < .05$ ), but their body fat percentage and waist-hip ratio have no significant difference. Therefore, twelve weeks of yoga for middle-aged and old women can improve their body mass, bone density, sleep quality, and perceived health status, but not their body fat percentage, hip circumference, waist circumference, waist-hip ratio.

Keywords : yoga、 middle-aged and old women、 body composition、 sleep quality、 perceived health status.

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