

RELATIONSHIPS BETWEEN PHYSICAL FITNESS AND SERUM CHOLESTEROL.
A. Lopez-S and G. Arroyave*. LSU Medical School, New Orleans,
La. and INCAP, Guatemala.

Recent epidemiological reports from Framingham Study cast doubts about associations between dietary intake and serum cholesterol levels. On the other hand, the role of exercise on the prevention of coronary heart disease has been suggested, but the mechanism remains undisclosed. The physical exercise index was studied by the Harvard Step test in one hundred young individuals between 16-35 years of age, randomly selected. Serum cholesterol level was determined in the same individuals before the exercise test was performed. Negative correlations were found between basal pulse rate, skin fold thickness and serum cholesterol v.s. physical exercise index. The regression line of cholesterol v.s. physical exercise index was $y = 209.2 - 0.698 x$. These studies suggest the possibility that individual variability in serum cholesterol values in a fairly homogenous population could be partially accounted for by the physical fitness of the individuals. Whether or not physical fitness and its relation with serum lipids can be affected by physical exercise remains to be established.

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