CHAPTER 6

Conclusions
1. The 12 weeks of moderate intensity aerobic exercise training has been found to be effective in reducing Epicardial adipose tissue thickness measured by echocardiography in study group as compared to control group.

2. The aerobic exercise has also been found to be effective in reducing the body mass index, waist circumference, body fat percentage, fasting blood sugar levels and improving the lipid profile and aerobic capacity in study group as compared to control group.

3. Echocardiographic epicardial adipose tissue thickness has been found to show moderate correlation with anthropometric parameters, lipid profile, fasting blood sugar levels and negative correlation with aerobic capacity in overweight and obese individuals.