LIST OF ABBREVIATIONS

ACSM  :  American College of Sports Medicine
ANOVA :  Analysis of Variance
BFP   :  Body Fat Percentage
BIA   :  Bioelectrical Impedance Analyser
BMI   :  Body Mass Index
CACS  :  Coronary Artery Calcium score
CAD   :  Coronary Artery Disease
CRF   :  Cardiorespiratory fitness
CT    :  Computed tomography
CVD   :  Cardio Vascular Diseases
DEXA  :  Dual energy X- ray absorptiometry
EAT   :  Epicardial Adipose Tissue
EATT  :  Epicardial Adipose Tissue Thickness
EEATT : Echocardiographic Epicardial Adipose Tissue Thickness
FBS   :  Fasting Blood Sugar
HDL-C :  High Density Lipoprotein Cholesterol
HRR   :  Heart Rate Recovery
HRmax :  Heart Rate Maximum
HS-CRP: Highly Sensitive C Reactive Protein
IDF   :  International Diabetes Federation
IPAQ  :  International Physical Activity Questionnaire
LDL-C :  Low Density Lipoprotein Cholesterol
MET   :  Metabolic Equivalents of tasks
MHR   :  Maximum Heart Rate
MRI   :  Magnetic resonance imaging
NCEP-ATP-III  :  National Cholesterol Education Program- Adult Treatment Panel- III
PARQ  :  Physical Activity Readiness Questionnaire
RCT   :  Randomized Controlled Trial
SAT   :  Subcutaneous Adipose Tissue
TC    :  Total Cholesterol
TG    :  Triglycerides
VAT   :  Visceral Adipose Tissue
VF    :  Visceral Fat
VLDL-C: Very Low Density Lipoprotein Cholesterol
VO2max: Maximal oxygen consumption
WC    :  Waist Circumference
WHO   :  World Health Organization
WHR   :  Waist Hip Ratio