

## **Cross-Correlation of Physical Exercise and Consumption of Fruits and Vegetables with the Lipidemic Profile and Glucose of Blood.**

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**AIM:** To searched the relation between the daily exercise and the diet with fruits and vegetables, with the lipidemic profile and glucose of blood in the general population.

**MATERIAL – METHOD:** Was examined accidental sample of population of 245 individuals of (106 men and 139 women with medium age 51,7+/-12,8 years), in that were determined lipidemic profile [ total cholesterol, HDL - cholesterol, LDL - cholesterol, triglycerides ], the weight of body, the indicator of mass of body, the abdominal obesity, glucose fast as well as glucose 2 hours after charge with 75 gr glucose. Finally, with special questionnaire was ascertained the daily consumption of fruits and vegetables, as well as the daily physical exercise. The examinations were realised in biochemical analyst with the method chemolightbrightness, while the statistical analysis became with t test for two independent samples. Preceded control of regularity and the results were verified with non parametrical controls Mann - Whitney.

**RESULTS:** The analysis proved the cross-correlation of exercise, so much with the weight of men ( $p = 0,065$ ), what with the indicator of mass of body of women ( $p = 0,052$ ), as well as the cross-correlation of consumption of fruits and vegetables only with the LDL cholesterol of women ( $p = 0,085$ ). On the contrary, for the remainder indicators did not result statistical importance of cross-correlation.

**CONCLUSIONS:** 1) Physical exercise and the rich diet in fruits and vegetables is related a) mostly with the indicator of mass of body of women, b) to weight of men and c) the price of LDL of their cholesterol. On the contrary, with other factors of danger it does not present positivity. 2) Proved that the Greeks neither practise itself bodily sufficiently, neither nourish itself healthily, and probably this it is also the reason that did not exist finding of statistical importance of other parameters in the sample of our study.