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## Aerobic Training Effect on Arterial Stiffness in Metabolic Syndrome

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We verify that all authors had access to the data and a role in writing the manuscript.

A running head: Aerobic Training Effect on Arterial Stiffness

### *Clinical Significance*

- In subjects with metabolic syndrome, the univariate analysis demonstrated that heart rate targeted aerobic exercise training is associated with the decrease in aortic stiffness, which is the surrogate marker of cardiovascular diseases.
- Heart rate targeted aerobic exercise training was associated with significant decrease in waist circumference, systolic, diastolic and mean blood pressure, and heart rate.

### **Abstract**

**BACKGROUND:** Metabolic syndrome, physical inactivity and central obesity contribute to early vascular aging, which leads to increased risk of cardiovascular disease.

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