



### Ethics Approval of Research

This is to certify that the research project entitled '**Comparison of six weeks low calorie diet with healthy lifestyle with combined training on weight loss and blood lipids in obese and overweight women**' provided by *Mrs. Zohreh Eskandari* has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code **IR.SSRI.REC.1400.1347**

Ali Kashi, P.h.D.  
SSRI Research Deputy

*Ali Kashi*

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