The aim of this study is to research the effect of 8-week regular step-aerobic exercises on fat measurement and body composition in sedentary women aged 18-45 years. 22 sedentary women who has average age of 25.9±8.7 (years), average height of 1.61±0.4 (cm), and average weight of 62.4±10.0 (kg) participated in this research as volunteers. Participants were given step aerobic exercises for 8 weeks, 3 days a week, 60 minutes per day. Body weight, body mass index, and body composition were taken for pre and post-test. All exercises and tests of the group were performed at the step aerobics room of Süleyman Demirel University. Measurements were taken between 17.30 - 18.30. During 8 weeks of study, Step Aerobic and plates exercises were applied to the participants 3 days a week 60 minutes programs. Women participating in the Step Aerobic work performed a certain level of body movements at a moderate level and about 20 minutes after 5 minutes of warm-up activities. In the second part of the study, the stepper board was used. The participants participated in the exercise with the help of music and rhythm in order to get up and down of the stepper board (length 70cm top 30cm / 8cm height 10cm) for 20 minutes with specific movements. The rest of the last 15 min, they performed exercises for the leg, back, arm and abdomen for 10 minutes. The last 5 minutes were for cooling. In this study, SPSS 24.00 package program was used to obtain statistical results. In-group Paired sample t-test was applied to determine whether there was any difference between the pre-training and the training. Significance level is evaluated according to 0.05 importance level. As a result of this study, when the first and last measurements of the group are compared, Significant differences were found between body mass index and body composition values. Based on the data obtained, our step-aerobic exercise accelerated fat burning and weight loss on sedentary women. It was observed that step-aerobic exercises had an effect on body mass index and body composition in sedentary women, it is thought to be important in sedentary women who do sports for health.

**Key Word:** Sedentary, step-aerobic, body mass index, body composition.