

Research Paper :

A study on effectiveness of weight reducing health clinic at Indore

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ABSTRACT

Obesity is a problem, which is faced by the developed countries and the developing countries as well. Weight control will continue to be a national obsession for aesthetic reasons. Study was conducted on the effectiveness of Gym, relationship between diet and exercise and effectiveness of health clinics in attaining ideal weight in various anthropometrics measures such as height, weight, BMI, which were measured before and after the study. The diet counseling was given for a period of 6 month (entire duration of study). The body weight, BMI showed changes from the initial values. About 93.33% of obese males aware of knowledge of relationship between nutrition and exercise. 60% of the volunteers showed high effectiveness in weight reduction by health clinics, in obese male 25% were found to reduce weight.

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The word gymnasium was used in ancient Greece meaning a locality for both physical and intellectual education of younger men. The Greek word gymnasium means, "Place to be naked" and was used in ancient Greece to designate a locality for the education of younger men including physical education. Physical activity reduces the risk for many chronic diseases and conditions through its impact on weight management (Dube, 1995). Research continues to reveal additional positive health effects of physical activity (Ashwell *et al.*, 1985 and Bray, 1982). Health clinics benefit increases with the amount of time an individual is active and with the intensity of physical activity. Specific exercise of the proven effect of regular moderate physical activity include: - weight control, control of appetite, control of high B.P., control of diabetes, reduction in the risk of CHD and reduces arthritis and disability, also in the risk for osteoporosis. Fitness is understanding a body, the cardiovascular, muscular endurance, musculoskeletal strength, flexibility, and ideal body composition. Obesity is a medical term used for overweight of human. It is a big issue in developing countries and a big percentage of population in India and abroad are suffering from obesity. For reducing and getting free from this problem, now-a-days weight reducing or fat reducing clinics are playing an important role. Exercise Machines have made this more effective in recent years.

Regular exercise in busy lives allows a person to focus at a particular muscle or a body part. Machines such as elliptical machine provides cross country skiing which can be done only in winter with a elliptical can be done at any part of the year. An exercise machine is something that can be easily accommodated at home to get a healthy life style and it is important to have a truly spectacular physique. This can be done with a proper combination of exercise machines and weight. But the importance of exercise and balanced diet can not be ignored. Different exercises for different muscles are abdominal gym exercise, triceps gym exercise, biceps gym exercise, forearm gym exercise, shoulder gym exercise, chest gym exercise, leg gym exercise and back gym exercise. Aerobic exercise is the only type of exercise that burns fat directly. Yoga, walking, swimming and rowing in fact many more exercises can be aerobic if the level of effort is low and duration is high. The main problem with performing aerobic exercise to burn fat is that low intensity means less total calories to burn fat *e.g.*, 30 minutes of walking may only burn 250 calories. Running is the queen of exercise in burning calories. On an average 135 pounds women will burn 490 calories by running at the rate 5 mph for an hour, and 920 calories at 9 mph.