

Effect of 12 weeks walking programme on selected biochemical parameters among middle aged type II diabetic patients

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ABSTRACT

The effect of 12 weeks walking programme on selected biochemical parameters among middle aged men type II diabetic patients was investigated. To achieve the purpose of this study, 40 middle aged men type-II diabetic patients from Pondicherry region were randomly selected as subjects and their age ranged from 35 to 40 years. The selected subjects were divided into two groups of twenty subjects each. Group I considered as experimental group who were under special 12 weeks of walking exercise. Group II considered as control who did not undergo any special training programme. All the subjects of the two groups were tested on selected biochemical variables such as, blood glucose level (fasting condition) and postprandial glucose level (after the meal glucose level) at before the commencement of walking exercise (pre-test) and immediately after the walking exercise for a period of twelve weeks (post-test). From the results it was concluded that walking exercise which was followed in this study has much influence on blood glucose level (fasting condition) and postprandial glucose level (after the meal glucose level). Hence, it is recommended to the men type II diabetic patients to adapt walking exercise to improve their health.

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Walking is an aerobic exercise that is accessible to many segments of the population as it is convenient, easy and low cost, because exercise intensity during walking is generally below the lactate threshold, walking is considered a typical low-intensity exercise.

Walking is probably the easiest way one can burn his calories and reduce fat deposits and it is the most ignored also. People tend to go for high tech. gym workouts but easily forget that a simple running exercise like walking can help them get far more benefits' walking is an excellent means of improving cardio-vascular health, bone density and physical fitness.

Walking provides an alternate source of healing for diabetes. The secretion of stress hormones, due to faulty diet, hectic lifestyle or wrong thinking is controlled by the exercise of walking. The human body is a smoothly functioning food processor, transforming sugars, starches and other components of your diet into energy - the energy you need to perform the daily tasks of life (sitting, walking, lifting, etc.). For those, who suffer from diabetes, the transformation of foodstuffs into energy does not occur in as nearly an effective manner due to problems with insulin.

Type-II diabetes is believed to develop when, the

receptors on cells in the body that normally on cells in the body that normally respond to the action fail to be stimulated by it. This is known as insulin resistance. In response this more insulin may be produced, and this over-production exhausted insulin manufacturing cells in the pancreas. It also develops when there is simply insufficient insulin available and the insulin that is available may be abnormal and therefore doesn't work properly.

METHODOLOGY

Selection of subjects:

The prime purpose of this study was to explore the effects of walking exercise on selected biochemical parameters among middle-aged men type II diabetic patients. To achieve the purpose of this study, 40 middle aged men type-II diabetic patients from Pondicherry region, were randomly selected as subjects. The age of the subjects ranged from 35 to 40 years. The selected subjects were divided into two groups of twenty subjects each. Group I considered as experimental group who were underwent walking exercise for 12 weeks and group II considered as control who did not undergo any special training programme.