

Changes in the body composition of sedentary people under the influence of cardiac workout

■ SANJEEV KUMAR AND HARISH TIWARI

Received : 05.09.2012; Revised : 25.10.2012; Accepted : 28.10.2012

■ ABSTRACT

The purpose of the study was to investigate the comparative effect of morning cardiac and evening cardiac workout on body composition. Thirty male and female sedentary life style people of Gwalior in the age group of 25-35 years were randomly selected as subjects for the study. All the subjects were divided randomly into three groups: experimental group and a control group was having equal number of subjects. The group A participated in morning empty stomach cardiac workout and group B was trained with evening cardiac workout prepared by the investigator himself whereas control group did not participate in any workout for 8 weeks except their daily routine activity programme. The data were analyzed using the analysis of co-variance (ANCOVA) at 0.05 level of significance and showed significant change in body composition. Post hoc mean comparison showed experimental groups (morning and evening cardiac group) had significant difference with control group in body weight, fat percentage and lean body mass whereas in case of lean body mass, no. significant difference was found between morning cardiac and evening cardiac groups. The results of the study showed that morning cardiac workout was more effective and produced significant improvement.

■ **Key Words** : Body composition, Sedentary people

■ **How to cite this paper** : Kumar, Sanjeev and Tiwari, Harish (2012). Changes in the body composition of sedentary people under the influence of cardiac workout. *Internat. J. Phy. Edu.*, **5** (2) : 176-179.

See end of the article for authors' affiliations

Correspondence to :

SANJEEV KUMAR

Lakshmbai National University of
Physical Education, GWALIOR
(M.P.) INDIA

Email: sanjeev26mandair@gmail.com,
sanjeev_mundair@yahoo.com

The nature of our civilization has been changing slowly from active to more sedentary. While participation in regular physical activities in developed countries gradually increased during the '60s', '70s' and rarely '80s', it level off in the '90s'. In fact, current studies found that today 60 per cent of world adults are overweight and out of shape because of advance technology and wonderful labour saving devices. The human body was designed for a lot more physical activity than modern people need to survive. Nature and evolution have prepared us for a lifestyle very different from the one that most of us lead. When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength fight, wealth becomes useless and intelligence cannot be applied. Fit citizens are a nations best assets and weak ones its liabilities (Triger, 2000). Lack of activity destroys the good condition of every human being while movement and methodological

physical exercise save it and preserve it.

With the advent of various health problems due to faulty eating habits and obesity, fitness has become the mantra in the lives of many people. Today we live in a world where almost everyone is health conscious, so much so that the number of people who own fitness equipment at home has drastically shot up. Good fitness is key to reducing the risk of injury, enhancing performance, and ensuring longer life. A physically fit individual is one who has the ability to meet the demands of a specific physical task at an optimal level (McCarty, 1995).

Exercise physiologist Greg Landry (2000) author of "The metabolism system for weight loss and fitness, explains, "I agree that one burn a fuel mix that is a little higher in fat if one exercising on an empty stomach. However, I think the real question is, does that matter? I believe we have a pool of