



## Influence of Physical Exercises on Obesity

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### Abstract

*Health is our birthright and to remain healthy, it is not necessary to depend upon any health centre physician or medication. It is entirely in our hands to keep healthy. However, in the present-day conditions keeping good health is becoming more and more difficult and diseases are proliferating. Obesity is a chronic state of being overweight. It's a life threatening condition and current research has shown that obesity is the leading cause for the increased health threats those persons of the developed world. This article focuses on the nature of obesity and some curative physical exercises.*

**Keywords:** Obesity, Physical Fitness, Overweight, Causes, Health.

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### Introduction

Obesity is a chronic state of being overweight. It's a life threatening condition and current research has shown that obesity is the leading cause for the increased health threats those persons of the developed world. What worse is the over two third of the industrialized world's population is suffering from obesity and that's putting them in greater health dangers. Everyone desires good health and it is the ultimate objective of all those who want happiness in life. Each and every one has to follow good health practices in the routine life. Minor health disorders are quite common to all. In the case of major health problems, the precautionary measures are plenty. Some people control their diseases like blood pressure, diabetes, acidity, asthma etc., by taking medicines regularly. But such practice does not in any way completely eliminate the health disorders on the other hand; it leads to several other adverse health problems.

Health is our birthright and to remain healthy, it is not necessary to depend upon any health centre physician or medication. It is entirely in our hands to keep healthy. However, in the present-day conditions keeping good health is becoming more and more difficult and diseases are proliferating. All sorts of evils have crept into our society. Utter selfishness, cut-throat competition, communal riots, and rampant corruption-all these are attributable to the progressive degeneration of the human body and mind. The overall average prevalence of obesity in adults for the year 2000 was 8.2% of the global population. The prevalence of obesity progressively increases with the degree of development of countries, as seen in the data for undeveloped

countries (1.8%), developing countries (4.8%), countries in transition (17.1%), and developed countries (20.4%).

Excess body weight and fatness pose a threat to both the quality and quantity of one's life. Obese individuals have shorter life expectancy and greater risks of CHD, hypercholesterolemia, hypertension, diabetes mellitus, certain cancers and osteoarthritis. For a comprehensive report and roundtable discussion of the role of physical activity in the prevention and treatment of obesity and its comorbidities, Obesity may be caused by genetic and environmental factors. As an exercise specialist, one play an important role in combating this major health problem by encouraging a physically active lifestyle and by planning exercise programs and scientifically sound diets for one's clients, in consultation with trained nutrition professionals. Restricting caloric intake and increasing caloric expenditure through physical activity and exercise are effective ways of reducing body weight and fatness while normalizing blood pressure and blood lipid profiles.

According to WHO, Overweight and obesity are defined as abnormal or excessive fat accumulation that poses a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is generally considered as obese. A person with a BMI equal to or more than 25 is considered as overweight. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. Once this problem was to be prevalent in high income countries. Overweight and obesity are now dramatically on the rise in low and middle – income countries, particularly in urban settings.

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Calculate patient’s body mass index (BMI) and classify patient according to the World Health Organization’s classification system below:

$\text{Metric BMI (kg/m}^2\text{)} = \text{weight in kg} / (\text{height in m}^2)$
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WHO Categories of BMI  
Weight Classification BMI (kg/m<sup>2</sup>)

Underweight	<18.5
Normal	18.5 - 24.9
Overweight	25.9 - 29.9
Obese : class 1	30 - 34.9
Obese : class 2	35 - 39.9
Obese : class 3	≥ 40

Note that BMI does not provide information about the composition or distribution of weight, and cannot distinguish between muscle, bone and fat. Overestimation of body fat in patients who gain muscle and lose fat, but do not change weight. Underestimation of body fat in older patients because lean body mass gradually declines with age; and Underestimation of body fat in South Asians. Criteria for South Asian populations are: normal BMI = 18.0–22.9; overweight = 23.0–24.9; obese ≥ 25.0;

**Description of Physical Exercises**

With the help of field experts and coaches a package has been designed with selected physical exercises that tend to enhance the performance level of the offensive and defensive players of kabaddi players.

**Run In Place**

Stand in a comfortable position and run 120 steps in the same place for 1 minute. A step is every time a foot hits the floor.

**90-Degree Push Up**

Lie face down on a mat with your hands under shoulders, fingers spread, and legs straight. Legs should be slightly apart and toes should be tucked under. Push up until your arms are straight. Keep your legs and back straight. Body should form a straight line. Lower your body by bending your elbows until they are each parallel to the floor (90-degree angle), then push-up every 3 seconds.

**Line Jump**

Balance on your right foot on a line on the floor. Leap onto the line onto the right foot; land to the left of the line. Leap onto the left foot, landing on the line.

**Double Heel Click**

Jump into the air and click your heels together twice before you land. Your feet should be at least 3

inches apart when you land.

**Curl Up**

Lie on your back with your knees bend and your feet close to your buttocks. Hold your hands and arms straight in front of you and curl your head, shoulders, and upper back off the floor. Slowly roll back to the starting position.

**Knee to Nose Touch**

Kneel on all fours. Pull your right knee toward your nose. Extend your right leg and head to a horizontal position. Return to the starting position. Repeat the exercises with the left leg.

**Skipping**

Use either the jog step or the two-foot jump. For the two-foot jump, jump on both feet simultaneously with each rope swing. Beginners should jump twice with each rope swing. This second jump is a small bounce. For the jog step, jog or step from one foot to the other foot.

**Side Shuttle**

Stand with the first line to your right. When your partner says “go”, slide to the right until your right foot steps over last line. Then slide to the left until your foot steps over the first line. Repeat the exercise, moving from side to side as many times as possible in 10 seconds. Only one foot must cross the outside lines. When your partner says stop, freeze in place until your partner counts your score. Score 1 point for each line you crossed in 10 seconds. Subtract 1 point for each time you crossed your feet. Do the side shuttle twice. Record the better of your two scores on your record sheet.

**Short Sprint**

Stand 2 or 3 steps behind the starting line. When your partner says “go” run as far and as fast you can. Your partner will start a stopwatch when you cross the starting line. Then your partner will blow the whistle 3 seconds later. When the whistle blows, do not try to stop immediately, but begin to slow down.

**Bench Step**

Step up to a bench with your right foot, and then up with your left foot. Step down with your right foot, then down with your left foot. Repeat this 4-count (up, up, down, down) stepping at an even rhythm about 25 times per minute.

**Sprint the Line**

Run from one line to another 10 yards away. Walk back and repeat the sprint.

**High Knee Jog**

Jog in place. Try to lift each knee so that your upper leg is parallel with the floor. Count 1 each time the right foot touches the floor. Try to do 1 to 2 jog steps per

second.

### **Sand Running**

Run in the sand for 50 yards away. Walk back and repeat.

### **Jumping Jacks**

Jumping Jack is a physical jumping exercises performed by jumping to a position with the legs spread wide and the hands touching overhead and then returning to a position with the feet together and the arms at the sides.

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