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# Analysis on the effect of brisk walk on the blood pressure and body fat

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***Abstract:*** *The purpose of the study to find out the effects of briskwalk on the flexibility of 45-50 years of people. 100 subjects were randomly selected and groups were divided in to two. 45-50 years of age people were participated. Statistical technique is used for this study is Analysis of covariance ( ANCOVA) with a testing significant level of 0.05. The ANCOVA was done on the basis of the pre-test values. To understand the significant difference among the groups and to find out the comparative effects of the two variable protocols of the selected experimental variables the Schefft's post-hoc individual comparison tests were done. The post-hoc comparison tests were conducted with the help of the post test adjusted means values adjusted on the post test values. It is found that with three months brisk walking programme blood pressure and body fat were decreased in the experimental group.*

***Key words:*** *Technology, physical work, human beings*

## Introduction

Modern Technology has enabled the present day society to exist in a world where the concept of hard or even moderate physical work is almost obsolete. People are continuously looking for different ways to make life even easier. Particularly after the Second World War, in the past seven decades or so the rapid development of technology enabled man to lead almost an effortless life resulting in his Sedentary Life Style.

Sedentary life style is a medical term used to denote a type of lifestyle with no or irregular physical activity. A person who lives a sedentary lifestyle is colloquially known as a 'couch potato'. Sedentary life style is commonly found in both the developed and developing world. Sedentary activities include sitting, reading, watching television and computer use for much of the day with little or no vigorous physical exercise. For millions of years human beings moved their bodies in meaningful ways for all necessities and functions of life for both domestic chores and occupational activities. Modern lifestyle is ridden with domestic appliances like microwaves, robotic vacuum cleaners, washing machines, mixers, grinders, juicers and remotely controlled electronic gadgets that make life sedentary. Added to these, tinned precooked foods are robbing people of even meager physical activity.

## Methodology

The investigator randomly selected 50 sedentary men from Kurnool Town within the age group of 45-60 years. 25 subjects were assigned to an experimental group and 25 subjects to control group. Prior to the administration of test the investigator held a series of meetings with the

subjects and made clear about the objectives and purposes of the test. The testing procedure was explained to them in detail. They were requested to co-operate and participate actively for the same.

### Experimental design

Random group design was used in this study. The subjects numbering 50 sedentary men were divided into an experimental and control group consisting of 25 subjects each. Among the two groups one group was randomly assigned the training programme and the other acted as the control group. The subjects were selected at random. The experimental groups were given brisk walking programme throughout, the only difference being the increase in intensity and duration after every two weeks.

### Administration of Training programme

The experimental group had to undergo brisk walking every day for a period of three months. The control group did not involve in any fitness programme. The training was on the age group of 45-60 years. The walking programme included warm up (10 minutes), workout (40 minutes) and cool down (10 minutes) sessions for duration of 60 minutes. The intensity of walking was increased after every two weeks.

### Warm Up (10 minutes)

Walking a few steps on the toe, heal, outside and inside of the foot, neck rotation, shoulder rotation, arms rotation, side bends, body twist, hip rotation, hamstring stretch, knee lift, trunk rotation, alternate toe touch, calf stretch, ankle rotation.

### Workout (20-45 minutes)

The workout was done for 20 minutes to 40 minutes. Brisk walking was done for 20 minutes continuously in the early stages of training. In the later stages the intensity and duration of the walk were increased bi-weekly.

Table – I: Bi-Weekly Schedule of Brisk Walking Programme

| Week | Distance in kilometers | Duration in minutes |
|---|---|---|
| First 2 weeks | 2 | 20 |
| 2-4 weeks | 2.5 | 25 |
| 4-6 weeks | 3 | 30 |
| 6-8 weeks | 3.5 | 35 |
| 8-10 weeks | 4 | 40 |
| 10-12 weeks | 4.5 | 45 |

### Cool Down (10 minutes)

Neck sideward and backward stretching, arms stretching forward, backward, sideward, bending of upper body, hip rotation, calf stretching, hamstring stretching, heel walk, side step, lounge forward and sideward, heel up and down stretch, leg stretch and ankle rotation.

### Statistical Technique

To compare the mean difference between initial and final scores of experimental and control group, Ancova

test was employed each of the selected physiological variables.

## Analysis &Interpretations

The purpose of the study is to determine the effects of three months of brisk walking on selected physiological variables such as blood pressure and body fat of sedentary men.

The subjects of the study were 50 sedentary men from Kurnool town. These subjects were randomly assigned to two groups that is an experimental group (N=25) and a control groups (N=25). The experimental group participated in brisk walking programme thrice a week. The control group did not participate in any sort of physical activity during the same period.

All the subjects were tested in the selected physiological variables such as blood pressure and body fat before and after three months of brisk walking. Blood pressure was recorded in mm Hg with a standard sphygmomanometer. The data pertaining to selected physiological variables was analyzed by paired 't' test to determine the difference between initial and final means for experimental and control groups.

Significant differences were seen at .05% level (0.05 = 2.064) in experimental group following three months of brisk walking in body fat, flexibility, resting pulse rate, body weight, blood pressure and aerobic capacity.

## Conclusions

The results of the study seem to permit the following conclusions.

1. Resting pulse rate is reduced as a result of participation in three months brisk walking.
2. Participation in three months brisk walking resulted in reduction of percentage of body fat.
3. Participation in three months brisk walking resulted in considerable lowering of blood pressure.

## Recommendations

In the light of conclusions drawn the following recommendations are made.

1. Similar studies may be under taken with age group and sex other than mentioned in this study.

2. Similar longitudinal studies may be undertaken by increasing the duration and intensity of training programme.

3. Similar studies may be undertaken to understand the effect of walking programme on sedentary diabetic men.

4. Similar studies may be made by increasing the subjects to a large number.

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