

Maintaining Healthy Body Weight: Beyond Exercise Routines

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Abstract : Regular physical activity is a cornerstone of maintaining good health. Studies have shown that physical inactivity leads to overweight and obesity, a risk factor for non-communicable diseases and a public health challenge. Health clubs provide therapeutic exercises to clients desiring to reduce their weight; however, the exercise routines offered in these health clubs are insufficient to reduce their body weight. A convenient sample of 100 clients. Exercise routines were determined using a questionnaire. Height, weight, waist, and hip circumferences were measured. Body mass index (BMI), waist circumference, and waist-to-hip ratio (WHR) assessed body weight status. About 75% of clients exercised three or more times per week; 96% participated in modern intensity exercises for 30 minutes, aerobic dance (88%), treadmill (56%), cycling (51%), rope skipping (45%), and 14% in strengthening activities. The BMI of male and female clients was 64.2% and 83.0%, respectively. There was no significant correlation ($p \leq 0.05$) between BMI and WHR ($p = 0.336$), although there was a significant correlation between BMI and waist circumference ($p = 0.000$). There was no significant relationship between BMI and WHR for males ($p = .336$) and between BMI and WHR for females ($p = .806$). Although most clients visiting health clubs meet the recommended frequency, intensity, and duration of exercise, they are overweight and obese. Appropriate exercise and nutritional programs should be incorporated into health clubs offering therapeutic and rehabilitative exercises to clients.

Keywords : Body weight status, exercise routines, health clubs, exercises

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