

Leisure Time Physical Activity Patterns in Odisha, India

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Abstract : Background: The World Health Organization has recommended a moderate intensity physical activity of 150 minutes, or 75 minutes vigorous-intensity physical activity per week to achieve optimal health benefits. It is not known if Indian public who indulge in leisure time physical exercises satisfy these recommendations. Methods: This study used a questionnaire to obtain data regarding demographic details, current engagement in leisure time physical activities, and dosages of these exercises from participants between 18-64 years of age. Results: Data was collected from a total of 390 participants (231 males and 159 females). 50.76% and 34.35% of the participants reported exercising voluntarily and for health benefits respectively. Most participants (94.61%) indicated exercising without prescription. 55.38% and 12.82% of the participants under and above 38 years of age perform moderate to vigorous intensity exercises respectively. Conclusion: The over-all results of this study indicate that the participants' choices of leisure time physical exercises are based on their personal choices and beliefs. The exercise intensities undertaken do not meet the global recommended intensities, especially in those above 38 years of age. Professionals and facilities to engage the public in the WHO recommended intensities of physical activity needs to be established.

Keywords : physical activity, exercise, India, sedentary

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