

## Analysis on the Effect of Brisk Walk on the Blood Pressure and Body Fat

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### ABSTRACT

The purpose of the study was to find out the effects of brisk walk on the flexibility of 45-50 years of people. **Methodology:** The study is 100 subjects that were randomly selected and groups were divided into two. People in the age group of 45-50 years were participated. The statistical technique is used for this study that is an 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 Scheffé'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. **Results:** With 3 months brisk walking program, blood pressure and body fat were decreased in the experimental group.

### 1. 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 leads almost an effortless life resulting in his sedentary lifestyle.

A sedentary lifestyle 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." A sedentary lifestyle 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 such as microwaves, robotic vacuum cleaners, washing machines, mixers, grinders, juicers, and remotely controlled electronic gadgets that make life sedentary. Added to these, tinned pre-cooked foods are robbing people of even meager physical activity.

### 2. METHODOLOGY

The investigator randomly selected 50 sedentary men from Kurnool Town within the age group of 45-60 years. Twenty-five subjects were assigned to an experimental group and 25 subjects to the control group. Before the administration of the 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 cooperate and participate actively for the same.

#### 2.1. 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 to the training program and the others acted as the control group. The subjects were selected at random. The experimental groups were given brisk walking program throughout, the only difference being the increase in intensity and duration after every 2 weeks.

#### 2.2. Administration of Training Program

The experimental group had to undergo brisk walking every day for 3 months. The control group did not

involve in any fitness program. The training was in the age group of 45-60 years. The walking program included warm-up (10 min), workout (40 min), and cool down (10 min) sessions for 60 min. The intensity of walking was increased after every 2 weeks.

#### 2.3. Warm-Up (10 min)

Walking a few steps on the toe, heel, 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, and ankle rotation

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 are an experimental group ( $n = 25$ ) and control groups ( $n = 25$ ). The experimental group participated in brisk walking program 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

involve in any fitness program. The training was in the age group of 45–60 years. The walking program included warm-up (10 min), workout (40 min), and cool down (10 min) sessions for 60 min. The intensity of walking was increased after every 2 weeks.

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### 2.4. Workout (20–45 min)

The workout was done for 20 min–40 min. Brisk walking was done for 20 min continuously in the early stages of training. In the later stages, the intensity and duration of the walk was increased biweekly.

**Table 1: Bi-weekly schedule of brisk walking program**

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

### 2.5. Cool Down (10 min)

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, down stretch, leg stretch, and ankle rotation.

### 2.6. Statistical Technique

To compare the mean difference between initial and final scores of the experimental and control group, analysis of covariance test was employed each of the selected physiological variables.

## 3. ANALYSIS AND INTERPRETATIONS

The purpose of the study is to determine the effects of 3 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 are an experimental group ( $n = 25$ ) and control groups ( $n = 25$ ). The experimental group participated in brisk walking program 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 3 months of brisk walking. Blood pressure was recorded in mmHg 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 the experimental and control groups.

Significant differences were seen at 0.05% level ( $0.05 = 2.064$ ) in the experimental group following 3 months of brisk walking in body fat, flexibility, resting pulse rate, body weight, blood pressure, and aerobic capacity.

## 4. CONCLUSIONS

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

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

## 5. RECOMMENDATIONS

In the light of conclusions drawn, the following recommendations are made:

- Similar studies may be undertaken with age group and sex other than mentioned in this study
- Similar longitudinal studies may be undertaken by increasing the duration and intensity of the training program
- Similar studies may be undertaken to understand the effect of a walking program on sedentary diabetic men
- Similar studies may be made by increasing the subjects to a large number.

## REFERENCES

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