Effect of Aerobic Training on Body Mass Index on Sedentary Obese Men

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Abstract

The aim of this study was to investigate the effect of Aerobic training on Body Mass Index on sedentary obese men. Thirty obese Men were selected randomly and equally divided into two groups - Experimental group and Control group. The experimental group was administered aerobic training programme, five days in a week for a period of 8-weeks. The control group did not involve in any fitness programme or training programme. Once in 2 weeks the load was increased. The Body Mass Index (BMI) was selected as variable. The collected data were analyzed by using 't' ratio. From the findings it is quiet interesting to know that the sedentary obese men have positive influence upon their Body Mass Index due to the training programme given. The aerobic training helped the subjects to decrease the weight and BMI. It is thus concluded that mild aerobic training can be adopted by obese men to decrease the magnitude of obesity.

Key Words: **Body mass index, Sedentary obese, Aerobic training programme**

Introduction

There has been outstanding advancement in the medical field which has taken place during the last few years, in arresting and finding cures for many incurable maladies, but obesity has so far successfully eluded most of them, as has cancer. The present generation is in constant quest for a remedy for this malady. New solutions for slimming are coming up every other day, in the form of pills and potions that are gaining entrance in many physicians consulting rooms. Many are manufacturing ultra modern drugs with tall claims of weight reducing effects.

Crash diets are experimented with varying effects *(Keil, 2002 and Alison et al, 2007)*. Stay trim devices are being manufactured and advertised in order to lure those who wish to lose weight, to go in for a trial. Fast weight reductions have been reported to cause gall stone formations (*Liddle et al, 1989, Totani, et al, 2008).* Health clubs that advertise fitness and weight reducing programmes are attracting young and old from all corners. Some of these programmes are no doubt effective, but they cost too much and consume a lot of energy. Sometimes except for an over all well being, they never help reduce a single pound. Reducing weight can be a natural activity and an enjoyable pastime for those who do not suffer from any other serious disease. They can reduce by adopting a method that suits their physical, mental and psychological needs. However, the proper weight reducing remedies are those, which do not leave the individual with, any bad or undesirable after effects and at the same time have a lasting effect. Obese people, who lead a fairly comfortable and carefree life, may detect