

## **Relationship between Obesity and Physical Fitness in School-Going Children of Anand District**

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### **Abstract**

**Aim:** To find the correlation between obesity and physical fitness in school-going children.

**Method:** 1034 children of various schools of Anand were enrolled in the study. Obesity was evaluated using BMI, WC, WHtR and Sum of skinfold thickness (anterior thigh, suprailiac and anterior abdominal). 6 minute walk distance was measured by the standard ATS guidelines, as a parameter for physical fitness. **Results:** In 5- 11 years age-group children, for both boys and girls, there was significant positive moderate correlation between obesity and physical fitness. In boys and girls of 12 – 18 years age-group, there was no significant relationship between obesity and physical fitness. **Conclusion:** Obesity and physical fitness are having positive relationship with each other in 5-11years age-group. However, due to the cross-sectional type, the implications of the study should be made carefully.

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**Key Words:** Childhood Obesity,  
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