International Journal of Applied Research 2015; 1(9): 1147-1148

ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2015; 1(9): 1147-1148
www.allresearchjournal.com
Received: 12-06-2015
Accepted: 18-07-2015

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Effect of walking on endurance ability among sedentary men of Pathanamthitta district

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Abstract
The purpose of the study was to identify the effect of walking on endurance. For this study 40 subjects were randomly selected from sedentary men aged between 60 to 65 from Pathanamthitta district. Among this 20 were kept as controlled group and 20 were treated as experiment group. Experiment group undergone systematic walking program. The program consists of 30 minutes of brisk walking of three days a week. This training follow a progressive intense method. The data of pretest and posttest were obtained to find out the significant difference between the experimental group and the controlled group by determining t ratio. It was concluded that the experimental group were associate with statistically much higher value.

Keywords: Aerobic capacity, sedentary, fitness, cardio vascular fitness

Introduction
A person who is fit is capable of living life to its fullest extent. Physical and mental fitness play a very important role in life and people who are both, physically and mentally fit are less prone to medical conditions as well. A healthy body can prevent conditions such as heart disease and diabetes, and help to maintain independence as you age. Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, help decrease the risk of osteoporosis. Aerobic exercise may help lower blood pressure and control blood sugar. Aerobic Endurance is the amount of oxygen intake during exercise; Aerobic Endurance is the time which you can exercise, without producing lactic acid in your muscle. During Aerobic work, the body is working at a level that demands for oxygen and fuel can be meet by body's intake. The only waste products formed are carbon dioxide and water, which are removed by sweating and breathing. Aerobic Exercise is physical exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic with oxygen and refers to the use of oxygen in the body's metabolic or energy generating process Walking of health (n.d). Many types of exercise are Aerobic, and by definition are performed at moderate levels of intensity for extended period of time. Regular Physical activity and exercises are essentially important for good health. Fitness is very important to perform regular activities in domestic life, now a day's people are very busy in this globalized world, every human being needs a little bit of consciousness regarding health, the objective of this study is to find out the effect of physical training for improving health and physical fitness Fitness (n.d). Leading a sedentary lifestyle is becoming a significant public health issue. Sedentary lifestyles appear to be increasingly widespread in many nations despite being linked to a range of chronic health conditions. Studies have now consistently demonstrated that leading a sedentary lifestyle can contribute to: obesity, type 2 diabetes, some types of cancer, cardiovascular disease, early death. Extended periods of inactivity can reduce metabolism and impair the body's ability to control blood sugar levels, regulate blood pressure, and break down fat. Old experience decreased mobility and increased cognitive problems such as dementia due to chronic illnesses, which may pose problems with usual activities and thus increase sedentary activities. In older adults, walking is slow, less stable, inefficient, and the timing and coordination of stepping with postures and phases of gait is poor. Walking is free and easy to do. Walking is gentle on muscles, joints, bones, and mindset (Larry Meigs 2018) [1].

Purpose of the study: The purpose of the present study was to assess the effect of walking program on endurance ability among the sedentary men aged between 60to 65.

Methodology: For this study 40 subjects were randomly selected from sedentary men aged between 60 to65 from pathanamthitta district. Among this 20 were kept as controlled group and 20 were treated as experiment group. Experiment group undergone systematic walking program. The program consists of 30 minutes of brisk walking of three days a week. This training follow a progressive intense method. Both the group were tested their cardiovascular fitness efficiency by, 12- Minutes Walk and Run Copper's Test. The 12 minute copper test is used for collecting data. The copper test is a test of Aerobic Endurance, it was designed by Kenneth H. Copper in 1968 for US Military used in the original form; The Cooper 12 minute run is a popular maximal running test of aerobic fitness, in which participants try and cover as much distance as they can in 12 minutes. Purpose: to test aerobic fitness, the ability of the body to use oxygen to power it while running. Three months of training were given on walking. After this period both the groups were tested again to detect their cardiovascular efficiency. The following results were found.

Table 1: Mean, SD, SEM between Control Group and Experiment Group

Results of 12 minutes copper test	N	Mean	S D	SD Error Mean	T Value
Experimental group morning walkers	20	1586.500	110.190	25.595	10.197
Control group	20	1145.833	90.110	15.822	

Result of the study

These results indicate that there were significant difference in the mean value of experimental group than the controlled group. The group which under gone systematic walking programmed shows high performance in 12 min copper test is 1568.500 mean performance of control group in 12 min copper test in 1145.833. This experiment shows that the experimental group performance is better in aerobic endurance comparing to control group. Because they involve regular walking practice which helps them to improving their Endurance Fitness.

Conclusion

Extend your life Walking at a faster pace could extend your life. Walking can be as good as a workout, if not better, than running. There are many reasons to walk for exercise. Walking improves fitness, cardiac health, improve endurance, circulation, and posture, and the list goes on.

It is concluded that walkers are having good endurance capability when comparing to the sedentary people. Walking has so many benefits for older people. It can improve health and wellbeing in many ways, and it can help to live independently for longer. Strengthen the muscles, helps to keep body weight steady, lower risk of heart disease, stroke, colon cancer and diabetes. So, with regular walking program they can perform their daily activities without any difficulty. Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve the overall health. Research studies shows that Walking has the potential to play a key role in the primary and secondary prevention of cardiovascular disease.

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