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EFFECT OF LOW INTENSITY AEROBIC DANCE ON SELECTED CARDIO RESPIRATORY ENDURANCE AND FUNCTIONAL MOBILITY AMONG GERIATRIC OBESE MEN

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ABSTRACT

The motivation behind the investigation was to discover the impact of low power high-impact move on chose cardio respiratory continuance and utilitarian versatility among geriatric fat Men. Forty geriatric overweight stout Men From Chennai, Tamil Nadu, were chosen as subjects their age extended from 50-65 years, and were isolated in to trial gathering (20) and control gathering (20), haphazardly taken for the examination. The trial bunch took an interest in low force of high-impact move preparing [50%-60% of Max Heart Rate (HR Max)] includes keeping up a lower pulse for a more drawn out timeframe. The test preparing was embraced for about two months preparing on three days seven days, the control assemble was not presented to trial treatment. The chose factors in particular cardio respiratory perseverance and useful portability. The above chose factors were tried through 1.6 mile run/stroll in meters and Timed Up and Go test in a flash. The gathered information were factually examined utilizing subordinate 't' test. The dimension of certainty was settled at 0.05 dimension for every one of the cases. The aftereffect of the investigation demonstrated that the low power oxygen consuming move altogether enhanced the cardio respiratory perseverance and utilitarian portability among geriatric fat Men.

KEYWORDS : *Low Intensity Aerobic Dance, Cardio Respiratory Endurance, Functional Mobility, Geriatric Obese Men.*

INTRODUCTION

Aerobic Dance

Vigorous moving is the wellness sport that consolidates the wellbeing and wellness advantages of running with the enjoyment of moving. Oxygen consuming moving is a fun method to get fit. Consolidates fat consuming oxygen consuming developments. Muscle-building activity and extending in to schedules that are performed by music oxygen consuming moving is trying for school understudies. They feel as if they were performing. While firming up their body and fortifying their cardio vascular framework. Move high-impact exercise fortifies the body including the bearing bones and cardiovascular muscles. It gets in shape and in addition fabricates body muscles. It is likewise appropriate for conditioning the muscles (Gale,2007).

Low Intensity Aerobic Dance

Vigorous exercise makes you over and over move the biggest muscles in your legs, hips and arms. Your heart and respirator rates increment and your body benefits from various perspectives - you consume calories, bring down your danger of coronary illness, and lift your mind-set, resistance and stamina. The Centers for Disease Control and Prevention prescribe 150 minutes of the seven day stretch of moderate-power oxygen consuming activity. Oxygen consuming move is an arranged, monotonous development routine set to music. A run of the mill high impact exercise program starts with 5 to 10 minutes of warm-ups and extending, crests with 20 to 30 minutes of target heart go move, can incorporate 20 minutes of a muscle extending floor program known as body chiseling, and closes with 5 to 10 minutes of chill off and all the

more extending, as indicated by the American Academy of Podiatric Sports Medicine.(Aline Lindemann, Demand Media).

Low-Impact Aerobics

1. Aerobic developments (those developments including substantial muscle bunches utilized in persistent cadenced action) in which no less than one foot contacts the ground consistently
2. Evolved to diminish the lower leg abuse wounds related with high-affect classes
3. Ideal for extraordinary populaces, for example, seniors, pregnant ladies and overweight people (J. Andrew Doyle).

There are three essential THR ranges you can utilize, contingent upon your wellness objectives (see clarifications beneath):

1. Low Intensity [50%-60% of Max Heart Rate (HR Max)]
2. Medium Intensity (60%-70% of HR Max
3. High Intensity (70% of HR Max or more)

Lower power exercise can be performed for a more extended timeframe, while higher force practice span is a lot shorter.

Low Intensity, Long Duration (LILD)

This technique for oxygen consuming activity includes keeping up a lower pulse for a more extended timeframe. LILD exercise may result in less muscle breakdown, which might be helpful if a few serious exercises are played out every week. ((http://easacademy.org/customer assets/customer apparatuses/pulse calc).

Cardio Respiratory Endurance

The capacity of the lungs, pulse and veins to convey sufficient measures of oxygen to the cells to meet the requests of delayed physical action (Wener& Sharon, 2009).

Functional Mobility

Useful portability is an individual's capacity to interface with their condition adequately. This incorporates having the capacity to stroll around the house, do day by day undertakings, shower/shower, eat/feed, drive or some other useful errand. The useful versatility required by an individual is subject to the utilitarian that he needs to perform (Pendersen, 2003).

Geriatric is think about relating to geriatrics, maturity or matured people, identifying with geriatric medication or to more seasoned individuals. The age that is viewed as geriatric is somewhere in the range of 65 and 45 years of age. Geriatric is characterized as the prescription branch that is worried about the advancement of wellbeing and the treatment and counteractive action of handicap and illness in seniority. While this definition is fairly self-assertive, it is ordinarily connected with the age at which one can start to get annuity benefits. Right now, there is no United Nations standard numerical measure, however the UN concurred slice off is 60+ years to allude the more established populace. As far back as 1875, in Britain, the Friendly Societies Act, authorized the meaning of seniority as, "any age after 50", yet annuity conspires for the most part utilized age 60 or 65 years for qualified.

OBESITY

At their most essential, the words "overweight" and "corpulence" are approaches to portray having excessively muscle to fat ratio. (James, WP, 2005).

Grouping of Obesity (Jacob, 1997)

Proclamation of the Problem

The reason for the examination was to discover impact of low power vigorous move on chosen wellbeing related factors among geriatric hefty Men.

Speculation

It was theorized that there would be critical distinction on low force high-impact move on chosen wellbeing related factors among geriatric hefty Men.

Review of Literature

Hideki Shimamoto et al., (1998) the examination was to test the speculation that a low effect oxygen consuming move is a valuable exercise mode for weight reduction in corpulent moderately aged ladies. Sixty Japanese ladies, matured 50.9 ± 6.7 years, took an interest in our 3-month health improvement plan comprising of eating routine and exercise medicine. To think about the adequacy of activity modes, the subjects were partitioned into the accompanying two gatherings: oxygen consuming move gathering and running as well as cycling gathering. Accordingly, weight and fat altogether diminished in the two gatherings, while sans fat mass remained basically unaltered. Vigorous power, for example, maximal oxygen take-up and oxygen take-up comparing to lactate edge fundamentally expanded in the two gatherings. Noteworthy contrasts in the changes of these factors between gatherings couldn't be seen. The information of this examination demonstrates that our health improvement plan with a low effect oxygen consuming move is as helpful as running or cycling in enhancing body organization and vigorous power for somewhat fat moderately aged ladies.

Methodology

The motivation behind the investigation was to discover the impact of low force oxygen consuming move on chose cardio respiratory perseverance and useful portability among geriatric stout Men. Forty geriatric overweight hefty Men From Chennai, Tamil Nadu, were chosen as subjects their age ran from 50-65 years, and were partitioned in to exploratory gathering (20) and control gathering (20), haphazardly taken for the examination. The test bunch took part in low power of oxygen consuming move preparing [50%-60% of Max Heart Rate (HR Max)] includes keeping up a lower pulse for a more drawn out timeframe. The chose factors in particular cardio respiratory perseverance and utilitarian portability. The above chose factors were tried through 1.6 mile run/stroll in meters and Timed Up and Go test like a flash. The gathered information were measurably broke down utilizing subordinate 't' test. The dimension of certainty was settled at 0.05 dimension for every one of the cases.

Statistical Techniques

The outcome displayed in table-I show that the pre test mean estimations of cardio respiratory perseverance for test gather were 42.15 and control assemble were 43 and Post test mean estimations of cardio respiratory continuance for test amass 37.40 and control bunch were 43.85. As got table 't' estimation of test bunch was13.12greater than the table estimation of 2.093. Henceforth, it was demonstrated that there was a noteworthy enhanced in the cardio respiratory perseverance of exploratory gathering because of the low force oxygen consuming move. Since the got 't' estimation of control gather was 1.65 lesser than the table estimation of 2.093. It was demonstrated that there was no huge enhance in charge assemble on cardio respiratory continuance.

CONCLUSIONS

1. The consequence of the investigation demonstrated that there was a superior noteworthy enhancement in cardio respiratory perseverance among geriatric fat Men because of the low power vigorous exercise move.

2. The consequence of the examination demonstrated that there was a superior huge enhanced in useful versatility among geriatric corpulent Men because of the vigorous exercise move.

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