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“Physical fitness for men and women”

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Introduction:

“Sexual dimorphism” is the scientific term for physical differences between males & females of species. The transition from a traditional life style to modernity caused a decrease in physical activity. Few studies have provided & sufficient precise measurement to estimate the impact of this transition on daily energy expenditure.

Physical fitness is generally achieved through fitness is defined as the state of general well being, physically sound & healthy along with mental stability.

Purpose:-

To evaluate gender differences in physical fitness before & after 4 month gender integrated basic training course & to determine whether this program effectively narrowed the differences between male and female soldiers in physical fitness parameters.

Discussion:-

Women of all ages benefit from a moderate physical exercise. Daily walking for 30 min to hour or jogging from 15 min to 30 min. women with health problems such heart diseases, diabetes, obesity, blood pressure, etc. should first consult a physician before beginning physical exercise. More than 90% of Indian women and men do not engage in physical activity. Social support from family, fitness religion obstructs the women for doing physical activity.

Benefits of physical training:-

- 1) Physical training reduces the risk of coronary heart disease, high blood pressure, colon cancer & diabetes.
- 2) It also helps in maintaining to control the weight. Build lean muscle & reduces fat in body.
- 3) It helps in regulation the swelling of joints and pain associated with arthritis.
- 4) Develops the whole some personality of men and women.
- 5) Develops the psychological behaviour.
- 6) It develops the health care.

Suggestions for improving the fitness among men & women:-

- 1) Go with walking for shopping, household groceries near to home.
- 2) Go for 30 min. to 1 hour walk in the morning or in the evening.
- 3) Plant & care for a garden at home.
- 4) Play with kids.
- 5) Stationary cycling at home.
- 6) Do mobility and stretching exercises at home.
- 7) Go for Yoga classes.
- 8) Join nearby gym for tread mill running.

The physical differences:

"There is a difference between what men and women can do and should do", says Margie Welss, a personal trainer and group exercise director for three Gold's Gyms in the Washington.

As a rule men's bodies tend to be less flexible, says Pilares instructor Lisa Johnson of Brookline, mass. But she believes that less because of the nature of their bodies than because they're less likely to include stretching in their workouts.

Therefore, in general, females can begin strength training earlier than males. Also, since females have less muscles mass, on overage than males, they are also more susceptible to deconditioning much of the difference in muscle mass between males and females is attributed to hormones, especially testosterone.

Why women should not train like men:-

- 1) Women burn more fat, less carbohydrate and less protein than men at the same exercise intensity.
- 2) Women find that dietary fat is 15% more satiating in women than in men.
- 3) Fats don't decrease insulin sensitivity as much in women as in men.
- 4) Women can handle more volume.
- 5) Women should do less explosive training.

Conclusion:

There was only a small overlap physical ability at the beginning of BT which indicated vast differences in physical fitness between the gendrs. As expected, integrated combat improved physical fitness. Although females demonstrated marginally higher improvement in aerobic capacity. Bask physiological gender differences were still evident at the end of training regimen.

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