

## **EFFECT OF LOW INTENSITY AEROBIC EXERCISE ON BODY COMPOSITION OF OVERWEIGHT MEN**

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*(Received July 10, 2012, accepted November 20, 2012)*

### **ABSTRACT**

*The purpose of the study was to find out the effect of low intensity aerobic exercise on body composition of overweight men. 48 middle aged (40 to 50 yrs.) overweight men volunteered for the study, and all of them selected randomly from Annamalai university fitness club, Annamalai nagar, Tamilnadu. They were divided into two equal groups and Group – I underwent aerobic exercise (Brisk walking 4 days / week for 12 weeks, 40 to 50 min / day – Morning 6 to 7 am) and Group – II acted as control. The body composition variables were measured with the help of Anthropometric Measurements (Height, Weight, Girth and Width) and converted into Body Composition (Percentage of Body Fat, Lean Body Mass and Body Mass Index). The collected data were analysed with the help of reputed 't' test and the level of confidence was fixed at 0.05 to test the significance. It concluded that 12 weeks of aerobic exercise reduced the Percentage of Body Fat and increased Lean Body Mass. No further remarkable changes found in Body Mass Index.*