

COMPARISION OF LUNG FUNCTION OF SEDENTARY WOMEN Vs EXERCISING WOMEN

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ABSTRACT

The purpose of the study was to compare lung function of sedentary and exercising women of Indore district. The subject's age ranged between 25-55 years, they all were selected from the Indore district, and divided in to two groups, group A exercising women and another group B of sedentary women. Pulmonary lung function PEFR of both groups was checked by Peak Flow Meter. There was a significant difference found in PEFR of sedentary women as compared to exercising women. Group B with sedentary females is found to have lower values compared to the group A of PEFR.