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Usefulness of circuit training at home for university female students

Yoko Takahata

Baika Women's University, Japan

Statement of the Problem: Students of university tend to decrease the amount of exercise compared to their previous years and start to drink alcohol at a certain age. It may turn out to be a problem in their later years when they start to decrease the metabolic rate and be the cause of the lifestyle related diseases. It is known to promote basal metabolism is important to prevent obesity. Researchers have reported that the expansion of lung capacity by exercise, giving impetus to brown adipocyte, increasing muscles, choosing the specific food to consume and so on are important for promoting basal metabolism. However, it is not clear if the circuit training at home has an impact on increasing muscles effectively while decreasing fat. The purpose of this study is to show what kind of exercise will affect university females' health including gaining muscles and boning density.

Methodology: Forty one females were recruited with a mean age of 18.5 (range- 18 to 20 years). The follow-up after the intervention was conducted 2 months and 3 months later. The circuit training structured by each subject in choosing the type of exercise from the list researcher made and asked them to do it for 15 minutes at least 3 times in a week. Those subjects were divided into 2 groups of the subjects who had exercise as ordered and the others.

Findings: People in both the groups have increased "stiffness scores" representing bone mass at 2 months and 3 months later but the changes in other factors were different. The muscle mass was gained in the performed training group and the body fat percentage was gained in the other group.

Conclusion: Even a small amount of exercise affects the health of the university female students and it will be related to the health at their later lives.

Speaker Biography

Yoko Takahata had been working as a Public Health Nurse to prevent diseases and promote the health of resident in a town in Japan. She has been training students in the Nursing Department of the university. Her research is also focused on preventing diseases and promotes health, especially in the younger generation.

e: y-takahata@baika.ac.jp

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