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Research Paper :

A study on effectiveness of weight reducing health clinic at Indore

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ABSTRACT

Obesity is a problem, which is faced by the developed countries and the developing countries as well. Weight control will continue to be a national obsession for aesthetic reasons. Study was conducted on the effectiveness of Gym, relationship between diet and exercise and effectiveness of health clinics in attaining ideal weight in various anthropometrics measures such as height, weight, BMI, which were measured before and after the study. The diet counseling was given for a period of 6 month(entire duration of study). The body weight, BMI showed changes from the initial values. About 93.33% of obese males aware of knowledge of relationship between nutrition and exercise.60% of the volunteers showed high effectiveness in weight reduction by health clinics, in obese male 25% were found to reduce weight.

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