

# VIDYASAGAR UNIVERSITY

A Project Work  
On

**A Comparative Study on Health status and  
outcomes among Sedentary Man(Age 35-45  
years) Practicing Morning walk and Non  
practicing Morning walk**

This project work is submitted for the partial fulfillment for the award of  
degree of B.Sc. (Hons) from Vidyasagar University



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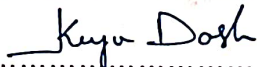
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### TO WHOM IT MAY CONCERN

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# **A Comparative Study on Health Status and Outcomes among Sedentary Man (Age 35-45 years) Practicing Morning Walk and those are not Practicing Morning Walk**

## **ABSTRACT**

Physical activity, such as morning walking, plays a crucial role in maintaining overall health and well-being. However, many sedentary man, due to lifestyle choices, may not engage in regular physical activity. The survey was carried out at Nandigram II block area, Purba Medinipur, West Bengal. This study aims to compare the health status and health outcomes of sedentary man aged 35-45 years who practice morning walks with those who do not. A study was conducted among sedentary man practicing morning walks ( $n=15$ ), and not practicing morning walks ( $n=15$ ). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps by measuring skinfold thickness) were carried out. Statistical analysis was performed to determine significant differences between the two groups. It was found that there was no significant ( $p>0.05$ ) differences in body mass index, waist hip ratio, diastolic pressure, pulse rate between practicing morning walks and not practicing morning walks of sedentary man. But it has noticed that systolic pressure, pulse pressure, biceps and triceps are significantly ( $p<0.05$ ) lower in practicing morning walks as compare to practicing. It was observed that more percentage of was not practicing morning walks sedentary man suffering from fatigue 20%, back pain 20%, anxiety 6.66%, stress 20%, depression 40%, swelling 20% as compare to practicing morning walks sedentary man.

Preliminary findings indicate that man who practice morning walks have better cardiovascular health, lower BMI, improved mental well-being, and lower incidences of lifestyle-related diseases such as hypertension and diabetes compared to those who do not engage in morning walks. The study also highlights the positive psychological effects of morning walking, including reduced stress and improved mood.

**Keywords:** Morning Walk, BMI, Joint Pain, Stress.

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**Plate 3: Different activities during survey of Sedentary Man (Age 35-45 years)  
Practicing Morning Walk *Nandigream II*.**





**Plate 4: Different activities during survey of Sedentary Man (Age 35-45 years) are not Practicing Morning Walk *Nandigream II*.**