

HEALTH EVALUATION OF FEMALES BY COMBINED PHYSICAL EXERCISE AND IMPROVED FOOD OR PHYSICAL EXERCISE

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ABSTRACT

This study is to investigate the effects of the physical activity and intake of improved food levels of twenty-eight female on their body compositions. Women started with a three to six-months run-in period, wherein a standardised diet was prescribed aiming to stabilise body weight and achieve similarity in diet composition among the study participants. 20s-A is the result of a survey of four 63-70-kg women in their 20s. After exercise and food control, the body weight of 20s with exercise and food (A) and with only exercise without control foods (B) decreased about 4.66 kg and 3.80 kg after 6 months, respectively. The difference between total weight change measurements at 30s women was associated with water loss (intracellular water and extracellular water). The *F* value of visceral fat for 40s with exercise (A) was 5.760 ($p < 0.05$), which was significant difference. The body weight of 50s with exercise and food (A) and only exercise (B) decreased about 3.66 kg and 1.97 kg, respectively. Loss of body weight reflected the combined effects of exercise and improved diet.

Keywords: Body weight, female, improved food, physical activity.