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LITTLE EFFORT NEEDS TO BURN EXTRA CALORIES



Aniruddha Kumar Diwaker

Assistant Professor (Physical Education) , Dr Ram Mahonar Lohiya Government Degree College, Bidhuna, Auraiya (UP) .



ABSTRACT

In the present time everyone desires to become fit and healthy for that they join gym, appoint trainer or do some exercise in their free time. In metro cities mostly women join gym or trainer for fitness programme but in small city these facilities are not available for women and in the present time it is very difficult for working women and housewife to get 1 to 2 hour completely off from their daily busy schedule to do some extra work or exercise for their fitness and health. If they want to do some exercise for their fitness and health? They need to make some changes in their working culture. If they have

no 1 hour time, divide this time in 10 to 15 minutes period and do some activity, maximize walking, accompanying your child in playing and do some other activities in which you enjoy. Following these suggestions you have no need to join gym and appoint a trainer or spiciest for developing fitness and health.

KEYWORDS :Little Effort , developing fitness and health.

INTRODUCTION:

A women is physically fit if she is capable to complete her work in time (as fast as possible) effectively without getting tired, recover from fatigue as soon as possible and to enjoy her leisure time. For developing fitness it is necessary to do some work out or exercise. In metro cities many women spend lot of time in gym, aerobic classes or appoint physical trainer for her fitness programme but in small city or rural area these facilities are not available for women. In the present time it is very difficult for working women and housewife to get 1 to 2 hour completely off from their daily busy schedule to do some extra work or exercise or spend time in gym for their fitness and health.

30 to 60 min work out in a day is sufficient for general fitness and burn extra calorie. If you have no time to do exercise continuously for 60 min. For simple workout throughout the day split the whole time into small blocks of time from 10 to 15 min, on the basis of availability and do some exercise when

LITTLE EFFORT NEEDS TO BURN EXTRA CALORIES

you get the time in your busy schedule because nothing is better than something. Remember that you select only those activities in which you enjoy and performed easily. There are huge amount of choice of activity in the fitness program that can be performed in little space and few minutes like walking, jogging, running, skipping, dancing, stretching exercise and etc. For general fitness, do not select a single activity use various types of activities. Change your exercise day by day. By doing same exercise every day it may cause boring or after some time your body is adaptable for this activity and it may not be improve your fitness.

If the working women and housewife make some adjustment in their working schedule they burn the same amount of calories that you would have burned in a workout and no need to sweat out in a gym or aerobic classes. The following tips will show how to incorporate physical fitness and burn extra calorie into your busy day.

RUNNING/ JOGGING

15 min continuous running/ jogging in a day is also a best activity for burning the extra calories and developing physical fitness. If you have a no time to go outside for jogging or running in the morning, do it in the evening. Suppose you have no space near to your house for running and jogging, you may do spot running inside the house to get the benefit of running and jogging. In this activity you lift your thigh up to the level of west or you kick your booty/ hips and swing your hands as in running.

WALKING

30 min continuous walking in a day is also a best activity for burning the extra calories and developing physical fitness, brisk walking is more effective than the slow walking. Do walking whenever you get time either in the morning or in the evening and it is not necessary to walk on road or park, wherever you get space you may walk, it may be inside your house, on rooftop, back yard or in the lawn. As a busy house wife and working women you may be doing a lot of walking throughout the day. Just turn that walking into brisk walking. It will help you to burn more calories than the slow walking. Here are ways you can increase your opportunity to walk more-

- a.Walk when u talks.
- b.Try to park your vehicle at next block to maximize the walking distance.
- c.If you take public transport, try to get off one stop before your destination point.
- d.During lunch time or coffee break don't opt for delivery, walk down to the food stall and get what you need.
- e.Go to the hall and say hello to everyone this may strengthen your friendship also.
- f.Do your work nearby, could you walk to work instead of using vehicle.
- g.Instead of asking the office peon to fetch you a glass of water, get up and get it yourself
- h.Instead of sending the message or call, deliver your message in person to a work colleague.

SKIPPING

It is a fun activity and it can be done alone in a few spaces. It is recommended to beginners that you slowly start the jumping and gradually increase the speed and duration of jumping. This exercise is very useful to burn lot of extra calories. In this activity we use own body weight, which help to improve the fitness, leg strength and cardio vascular efficiency. Also develop the capacity of walking. Due to busy schedule as a housewife, they are unable to go to go outside for walking then skipping exercise is very useful for such women.

USE OF STAIRS

Use of stairs instead of using elevator or lift is an effective exercise and it can be done at living place and working place. It burns a lot of calories and improves fitness. In supermarket, use stairs in place of elevator and lift. If your living room or office was on the top floor, you climb the stairs up to some floor and then use lift or elevator. Whenever you get a few minutes off from your work, you can start going up and down the stairs.

CYCLING

You may use cycling as an alternative of walking or jogging. If you are unable to drive bicycle, use stationary cycling it has less chance of falling and it might be done in the room also. The benefits of both type of cycling are same. You can also use bicycle for marketing. If you want to purchase few items which can be easily carried by bicycle then use it in place of motor cycle or car. Cycling is also a best exercise to improve fitness and leg strength. In cycling you use your own body weight as a resistance.

TRAVELING BY PRIVATE TRANSPORT

When you travelled by private transport for a short distance. You travel by standing instead of sitting. An average person burns around 140 calories an hour while standing as opposed to 100 calories an hour while sitting. This difference was very less but in long time this difference was increased. This is very helpful if you are in a sedentary job and have been seated all day.

SHOPPING IN SUPERMARKET

If you are in shopping supermarket for light items, carry a basket instead of using a trolley. During shopping you select the different products and put on the basket. When you are lifting the basket up & down it work as a dumbbells and this may help to strengthen your upper arms muscles. When you are waiting at the checkout counter, raises your calf muscles in standing position. In this exercise you lift your body by raising your heels off the floor and lower them back down. This may help to strengthen your leg muscles.

DANCING

When you are free and get chance to dance, don't be shy! Turn up your favorite music and dance. You may dance alone or with partner or with your child. Dancing is not only fun but it is also a terrific exercise to burn calories. Dancing help to improve the fitness, your balance, posture, rhythm and increase flexibility.

COMPANY YOUR CHILD

If you are the mother of child, he can help you for exercising. When you take them to the park or playground, do not sit on the bench or in the ground, try to join them in playing. This has helping you to strengthen the bond with your child and improve your fitness and burn calories.

STRETCHING EXERCISE

Put your both hands high up in the air and hold the position for few seconds. Slowly bend your upper body backward, sideward & then forward and try to touch your toes without bending your knees. It might be difficult in the beginning but gradually your body will grow more flexible and you will be able to do this with easy. There are lot of stretching exercise, these are very effective for maintaining the flexibility and easy to perform.

WALK WHEN YOU TALK

In the present time we are using mobile phone and cordless phone. They can talk approximately 30 to 45 minutes per day and some time they talk continuously for 5 to 10 minute in whole day. When you think that you talk continuously more that 5 minute you can start walking instead of sitting on the chair. This may help in burning extra fat or calories.

DOMESTIC WORKS

In the present time many women use machines and appoint a servant for their domestic works. Do the domestic work by self; definitely it will improve the fitness or burn calories and no need to join the gym classes.

- a. Washing of light cloth with hands is an excellent for finger joints and hand muscles.
- b. Instead of asking the other for some work it is better to get up and do it yourself.
- c. Sweep the floor in quadruped position instead of biped position. It improves the flexibility of back muscles and reduces the abdominal fat.
- d. Grinding of spice by hand instead of using the grinder. It improves the strength of hands.
- e. While you are waiting for boiling milk or something else, do some stretching exercise, wall pushups, spot running and other exercise to improve your fitness.
- f. Preparation and cooking of food in the kitchen will also help to improve the fitness. During preparation and cooking you stand regular for some time which burns more calories. Some time you move and come on toes to pick some items which help to improve the leg strength. During these activities you pick some heavy items and place it again and do some other works. These activities strengthen your hand muscles also.

CONCLUSION

In the present time it is not a difficult task for women to improve their fitness. If they make some adjustment in their working culture and fallow the general rules of exercise, they no need to join the gym for their fitness and may not be depend on other. They select the activity by own choice and interest.

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