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Empowering Women through Fitness: A Gym-Centric Physical Wellbeing Inquiry in Trichy City

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Abstract

This article explores the role of women's participation in fitness activities, particularly in gym-centric settings, in promoting empowerment and physical well-being. The study investigates exercise routines, nutritional plans, and health benefits, emphasizing the multifaceted nature of fitness as a lifestyle. The research involves a diverse group of women, spanning age groups and occupations, revealing motivations centered on body shape, lifestyle, and health management. The findings highlight the importance of targeted approaches for inclusive health and fitness initiatives. Despite a predominant focus on younger age groups, the study suggests addressing gaps for older participants and promoting balanced diets. It emphasizes the essential connection between a balanced diet, exercise, and improved physical fitness. Women's fitness is crucial for overall well-being, promoting physical health, mental resilience, and disease prevention. Proper nutrition complements fitness, playing a vital role in sustaining energy levels, enhancing muscle health, and supporting holistic women's health. Nutritious foods we take internally and exercises externally give the body a better and healthier life cycle.

Keywords: Female Fitness, Purpose, Physical Activities, Exercise, Diets, Health Benefits

Introduction

Fitness, viewed more as a lifestyle than mere exercise, aligns with contemporary notions of physical activity and overall well-being. (Dalleck&Kravitz, 2002). Even before people wanted to have a healthy, beautiful, and aesthetic body, they admired strong people for centuries. Centuries ago, although people did not have the machines, weights, and gyms we have today, they regularly did a physical activity to fulfill various tasks (such as surviving, hunting, and gathering food) with high vitality. This high level of fitness, which was developed by primitive people for survival and nourishment, can now be achieved through fitness exercises (Andreasson & Johansson, 2014). Fitness was first used in the scientific literature by Charles Darwin (1809-1882). In the sources, the use of the term here as "adaptation success" is included. Fitness, which means physical condition, is a term used for the whole of exercises performed for vitality and physical condition in daily life (Shephard, 2018). According to Seslisözlük, fitness has been associated with many contexts. Fitness is a word used to mean being in shape, vitality, readiness to do sports, ability, physical condition, being in practice, convenience, health, and form (SesliSözlük, 2021).

According to the Cambridge Dictionary, fitness is equal to vitality, form, and health (Cambridge Dictionary. 2021). As can be understood from these definitions, fitness is used in many ways. Bodybuilding, sometimes associated with fitness, is not an equivalent concept (Lange & Baschta, 2013). In the context of physical condition, fitness is perceived as a comprehensive state that encompasses overall well-being. In contrast, bodybuilding is often viewed as the targeted development of specific muscle groups. Consequently, fitness represents a state of physical health and well-being, specifically characterized by the ability to engage in various sports, occupations, and daily activities. (Tremblay et al., 2010).

When the ancient works of art are examined, it is seen that the human body is depicted as strong and muscular in drawings and sculptures. The bodies in the depictions show that being muscular and fit was an important factor in that period as well. Body structures are shaped according to the living conditions in prehistoric times, where the body. Power was at the forefront, and is a value that is tried to be reached in the modern age (Sporzade, 2020). When the historical development of fitness is evaluated, it can be said that it is done to achieve certain goals (Shephard, 2018).

Today, fitness has become a very common mass sport (Andreasson & Johansson, 2014). The fitness industry continues to grow despite the coronavirus (COVID-19). The COVID-19 pandemic has contributed to the digital development of the fitness industry (Europe Active & Deloitte, 2020).

Exercise plays a very important role in increasing physical health. There are many types of exercise for many different needs. Some exercise is good for a healthy body. Certain exercises can also help cure the disease. What exercises are currently beneficial for the body? Thirty or forty-five minutes of daily exercise will keep the body and mind fresh and healthy. Exercise also helps build new neurons. This can prevent diseases like Alzheimer's or Parkinson's. Exercise has the potential to prevent disease, especially in later life. Exercising can keep stress levels under control. This increases self-confidence, relieves anxiety, and gives vitality to the body, regular exercise helps to keep the heart healthy and safe from various diseases. Even with hereditary diseases such as heart disease, exercise can lead to a longer, healthier life cycle. So, exercising helps to stay away from heart disease and many other diseases. Having a healthy body weight is everyone's dream these days, especially among adolescent girls. Exercise is very helpful in achieving that. Along with the necessary exercise, they will maintain a healthy and beautiful body structure by taking proper nutritious food, vegetables, and fruits in their daily diet, and taking both exercise and nutritional food equally, both inside and outside. Exercise doesn't just help you lose weight. It is also helpful in preventing the high prevalence of diabetes, heart disease, PCOD, infertility, obesity, and many other diseases especially in women. Exercising 4 to 6 days a week helps regulate blood sugar levels. Exercise regularly to prevent high blood pressure. Exercising increases blood flow and provides more oxygen to the muscles. This relaxes the blood vessels. This rest prevents blood pressure. Exercising superficially at that time will cause excessive sweating and tire the body. But if we do regular exercise at certain intervals, the determination will increase and the body will come under control. Reduces fatigue.

Objectives

The main objective of the survey conducted was to understand and explore how women's participation in fitness activities, particularly within a women's or unisex fitness gym setting, contributes to the promotion and maintenance of women's empowerment and physical health.

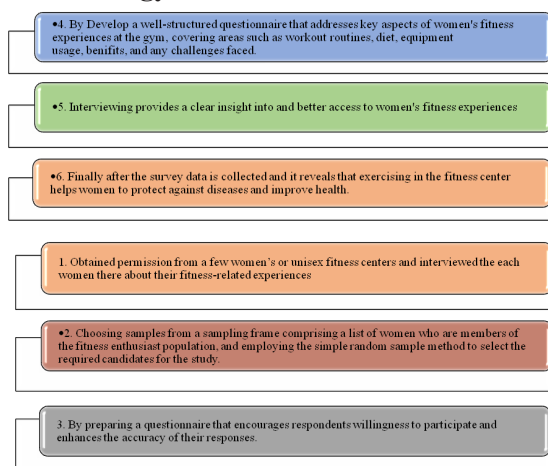
The Survey Aims to Gather Insights on Various Aspects

1. Examine the exercise activities that women engage in and the different types of exercise involved.

2. Identify components of gym-based exercise practices that contribute to women's empowerment. Exploring how gym-based workouts and nutritional meal plans advised by nutritionists can strengthen the body and improve mental health or well-being.
3. Exploring barriers or challenges women face in pursuing fitness goals in a gym environment.
4. To evaluate whether regular engagement in gym-centered exercise helps women maintain an overall cycle of physical health and well-being.

By focusing on these aspects, this study aims to provide a comprehensive understanding of how gym-centered exercise routines and nutritional meal plans empower women and positively contribute to improving physical health while protecting against disease.

Methodology



Literature Review

According to a report by the World Health Organization, Children under 5: Varied physical activities, limited screen time, and sufficient sleep based on age. Children and adolescents (5-17): 60 minutes of moderate-to-vigorous activity daily, including aerobic, muscle, and bone-strengthening exercises. Adults (18-64): 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity aerobic activity weekly, with muscle-strengthening exercises. Pregnant and postpartum women, older adults, and those with chronic conditions: Tailored recommendations for aerobic and muscle-strengthening activities.

Benefits of regular physical activity include improved fitness, mental health, and reduced risk of diseases. It also reduces the diseases related to the uterus in women. Globally, over a quarter of adults are insufficiently active. And not eating balanced meals. Women are more likely than men to report barriers to exercise and reduced control over their decision to exercise (T Stephens, CL Craig, 1990). Normative female gender role responsibilities such as child care and housework can lead to decreased participation in physical Activity (M J Verhoef et al. 1992). Nowadays, a hectic work schedule prevents working women and college students from engaging in regular exercise, leading to skipped workouts. In his article, M MManore. Am J ClinNutr. Women strength athletes should recognize the significance of animal proteins, rich in essential amino acids, vitamins B-12, D, thiamine, riboflavin, calcium, phosphorus, iron, and zinc, for optimal nutritional support. Presently, women are consuming sufficient amounts of protein, carbohydrates, and healthy fats from both vegetarian and non-vegetarian sources to maintain body weight. Fitness centers are essential venues for physical activity in many countries. In this article, Liv Riseth, Tom Ivar Lund Nilsen, et al., 2022, Frequent fitness center visits and group activity bookings correlate with higher goal achievement, while fewer visits are linked to lower achievement. Fitness centers are essential venues for physical activity in many countries.

Empowerment is Attributed to the individuals, friends, family, and the community. Targeting all three levels through physical activity, including women's empowerment, participation in resistance training, and access to exercise spaces, is crucial. Women find comfort in engaging in resistance training and other necessary physical activities (Aspen E Streetman, et al., 2023). Currently, Empowering women through physical fitness helps them achieve physical health and live a healthy life. Promoting physical activity and decreasing the percentage of inactive individuals are major public health priorities worldwide.

Recommended Dietary Allowances

Age Group	Category of work	Body W/t	Enegy (Kcl)	Fats/ oils (visible)	Pro	CHO	Cal Cium	Iron	Zinc	Thiamine	Ribo Flavine	V-B12	V-C	V-A	V-D
		(kg)	(kcal/d)	(g/d)	(g/d)	(g/d)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(Ug/d)	(mg/d)	(ug/d)	(IU/d)
Women	Sedentary	55	1660	20	36.3	100	800	15	11.0	1.1	1.6	2	55	390	400
	Moderate		2130	25						1.4	2.0				
	Heavy		2720	30						1.8	2.6				

Purpose	Exercise	Duration
Weight loss	Warm-up: (Before all Exercise) Jumping Jacks, Neck rotation, Arm circle, Hip rotation, Knee rotation, L-bow rotation, Stretching.	15 times
	CARDIO: For all days	30 to 40 Mint's Set: 2 (beginners),
	TOTAL BODY EXERCISE: (WT) 1. Swiss ball squats, 2. Machine leg pull-down, 3. Machine pec fly, 4. Dumbbell shoulder press, 5. Dumbbell stretches, 6. Dumbbell biceps curl, 7. Triceps extension.	3to4 (advanced). Rep: 15-20 times Rest: 30 to 45 sec Set: 3 Rep: 20 times Rest: 30 to 45 sec Set: 2 Rep: 20 times
	CORE: ABS AND LOWER BACK (WT) ABDOMEN: 1. Floor crunch, 2. Oblique cross crunch, 3. Reverse crunch.	Rest:30to45 sec Set: 2 Rep: 20 times Rest: 30to45 sec 20 Mint's
	Medicine ball twist	
	1. Leg adduction, 2. Leg abduction, 3. Flexion, 4. Glute kicks	
	LOWER BACK STRENGTHENING EXERCISE: (WT) 1. Spider-man, 2. Cobra.	

Per-Week Schedule for Weight Loss						
Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
WT+CV	CV+WT	WT+CV	CV+Abs+ Lower back exercise	WT+CV	CV+Abs+ Lower back Exercise	Complete Full Body rest.
Weight Gain:	UPPER BODY: (WT1) 1. Incline Dumbbell Chest Press, 2. machine pec fly, 3. Dumbbell shoulder press, 4.Dumbbell Lateral Raise, 5. Dumbbell shrugs, 6. Machine lat pulldown 7. Machine rowing 8. Dumbbell biceps curl 9. Dumbbell hammer curl			Set: 2 to 3 Rep: 15 to 20 Rest: 30 to 45 sec		
	LOWER BODY: (WT2) 1. Swiss ball squats, 2. swiss ball lunges, 3. swiss ball step up, 4. calf raise, 5. cable Triceps push down, 6. swiss overhead triceps extension,					

Per-Week Schedule for Weight Gain						
Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
WT1	WT2	CV+Abs+ LowerBack Exercise	WT1	WT2	CV+Abs+ Lower Back Exercise	Complete Full Body rest.
Per-Week Schedule for Genral Body Weight						
Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
WT1+ CV	WT2+ CV+Abs+ Lower Back Exercise	WT1+CV	WT2+CV+ Abs+Lower Back Exercise	WT1+CV	WT1+CV+ Abs+Lower Back Exercise	Complete Full Body rest.

Result and Discussion

The analyzed data indicate that 30 respondents were between the age group of 18 to 25, 12 were between the age group of 25 to 35, and 6 respondents were between the age group of 35 to 45 age categories. This data indicates that the majority of respondents were between the 18 to 25 age category Women, and there is a small representation from the 45 to 55 age category.

In a women's fitness survey comprising 52 participants, Occupation is Among respondents, the majority are students, making up 36% of the total with 19 participants, while those in job-going roles closely follow at 35% with 18 participants. Households constitute a substantial portion, representing 23% with 12 individuals. Conversely, sports professionals and businesspersons are in the minority, comprising 4% (2 participants) and 2% (1 participant) of the survey, respectively.

Physical Fitness Management

In terms of exercise motivation, the majority express a focus on body shape and lifestyle (40%), with 21 respondents, closely followed by those emphasizing physical and health management (37%) with 19 participants. On the other hand, weight gain motivations (13%), doctor suggestions (4%), and disease prevention motivations (6%) represent smaller but distinct percentages with 7, 2, and 3 respondents, respectively.

Time Period

When considering the frequency of gym attendance, the majority prefer exercising six times a week (35%), with 16 participants, and regularly (28%) with 13 participants. In contrast, weekend gym sessions (4%) and those exercising less than once a week (7%) have smaller representations, with 2 and 3 respondents, respectively. Regarding gym-going times, the majority of early morning sessions (37%), with 19 respondents, and evenings (42%) with 22 respondents. Afternoons (4%), mid-mornings (17%), and night sessions have smaller representations.

Dietary Management

Nutritional guidelines diet plans and counseling (43%) are favored by the majority with 22 respondents, respectively. diet chart or card is minimum (35%) with 18 responses. Meanwhile, nutritional supplements (0%) and nutritional powders (2%) have a smaller presence, each with 0 and 1 respondent. In diet plans, protein-rich, low-carb diets (60%) are favored by the majority with 31 responses, protein and carb-rich diets (8%) are small response with 4, while pre/post workout nutrition (4%) with 2 responses, low-fat diets (13%) with 7 response, and normal regular diets (15%) with 8 response smaller percentages.

Dietary Consumption Pattern

The majority (77%) of a diet that includes both vegan and non-vegetarian foods, with 40 respondents. Vegan foods (11%) and non-vegetarian foods (12%) have smaller representations, with 6 respondents each.

Amount of Daily Water Intake

The majority prefer a daily water intake of 1.5 to 2.5L (51%) and 1 to 2L (39%), with 27 and 21 respondents, respectively. Meanwhile, 2.5 to 3.5L (4%) and 3.5 to 4L (6%) have smaller representations, with 2 and 3 respondents, respectively.

Exercises at Gym

The majority engage in cardio exercises (47%), with 40 respondents, and flexibility exercises (40%) with 34 participants. Core and strength exercises (6%), functional training (3%), and

upper and lower body exercises (4%) have smaller representations, with 5, 3, and 3 respondents, respectively.

Amount of Calories Burned Per Day

The majority burn 400 to 500kcl (55%) and 250 to 300kcl (6%) per day, with 27 and 3 respondents, respectively. Meanwhile, 300 to 400kcl (10%), 550 to 600kcl (23%), and 650 to 800kcl (6%) have smaller representations, with 5, 11, and 3 respondents, respectively.

Health Benefits

Participants attribute various health benefits to their fitness routines, with the majority highlighting such as reducing weight and boosting energy (19%) with 29 responses, maintaining a healthy menstrual cycle (19%) with 17 responses, and reducing the risk of diseases (19%) with 17response. improving mental health and stress relief (36%) with 14 responses. Smaller percentages include preventing PCOD (5%), preventing thyroid issues (3%), and acknowledging all benefits (41%), with 2, 1, and 16 respondents, respectively.

In summary, the survey underscores a strong interest and active participation in fitness activities among women, emphasizing a multifaceted approach to well-being that includes diverse age groups, occupations, motivations, exercise routines, and health benefits.

Table 1 Age Group

AGE GROUP				
18 to 25	25 to 35	35 to 45	45 to 55	55 to 73
30	12	6	4	0
OCCUPATION				
Job going	Student	Household	Sport person	Business
18	19	12	2	1
1. PHYSICAL FITNESS MANAGEMENT				
MOTIVATE TO EXERCISE				
Physical & Health Management	Body shape and Life style	Doctor suggestion	Weight gain	Disease prevention
19	21	2	7	3
2. TIME PERIOD				
(A)WEEK SCHEDULE OF GOING TO GYM				
Week-end	Regularly	Less than one time per week	4-5times per week	6-times per week
2	13	3	12	16
(B) GYM GOING TIME				
Early Morning	Mid-Morning	Afternoon	Evening	Night
19	9	2	22	0
(C). WORKOUT/EXERCISE TIME AT GYM				
45 Minutes	1 Hour	1.30 Hours	2 Hours	2.30 Hours
0	5	13	30	4

3. DIETARY MANAGEMENT				
Nutritional Guidelines				
Nutritional diet plan & counseling	Nutritional supplement	Nutritional Powder	Diet Chart or Card	Diet Counseling
22	0	1	18	10
Diet Plan				
Protein-rich & Low carbs diet	Protein & carbs rich diet	Pre/Post workout Nutrition	Low-fat diet	Normal regular diet
31	4	2	7	8
Dietary Consumption Pattern				
Vegan foods	Non-Vegetarian foods	Both	-	-
6	6	40	-	-
Amount of Daily Water Intake (L)				
1 to 2 L	1.5 to 2.5L	2.5 to 3.5L	3.5 to 4L	-
21	27	2	3	-
4. Exercises at Gym				
Cardio	Core, Strength	Flexibility	Functional Training	Upper and Lower body
40	5	34	3	3
The Amount of Calories Burned Per Day				
250 to 300kcl	300 to 400kcl	400 to 500kcl	550 to 600kcl	650 to 800kcl
3	5	27	11	3
5. Health Benefits				
Reducing Weight, Boost energy	Reducing the risk of diseases	Boost immunity system	Emotional well-being	Healthy mensuration
29	17	14	14	17
Increase bone density	Improve Mental Health and stress relief	PCOD Prevented	Thyroid Prevented	All of the above
6	14	2	1	16

Conclusion

The study on women's fitness experiences in gym-centered activities revealed a strong presence of younger individuals, particularly in the 18 to 25 age group. Motivations primarily focused on physical and health management, with a commitment to regular gym attendance and adherence to nutritional guidelines. However, there is improvement, especially in engaging older age groups, promoting nutritional foods, and addressing specific exercise durations. Its address these gaps can enhance inclusivity and effectiveness in health and fitness initiatives. Overall, the findings highlight the importance of targeted approaches for diversity in promoting holistic well-being

through fitness. According to the current survey, especially the women who stay at home do not eat a balanced diet, so they get excess weight unnecessarily added to their body weight, women are also facing uterus-related problems. Nowadays dream of everyone especially young women to maintain their body weight and get a beautiful body structure. So, a balanced diet and exercise are essential to improve and maintain physical fitness.

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