

A Study on Lifestyle Pattern Associated with Diet, Physical activity, and Body Mass Index in a Case of GYM Goers

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Abstract: -

This study examines the lifestyle patterns related to diet, physical activity, and body mass index (BMI) among gym goers. The objective is to investigate the associations between these lifestyle factors and their impact on overall health and fitness outcomes in this population. A comprehensive analysis of dietary habits, physical activity routines, and BMI measurements was conducted among gym goers. The study collected data from 100 members (males and females) through an interview method and using Google Forms. For measurement, statistical analysis techniques like t-test were applied to identify patterns between diet, physical activity, and Body Mass Index. These research findings have implications for programs tailored to the specific needs of gym goers, aiming to improve health outcomes and promote sustainable lifestyle changes in this population. With the goal of improving their health outcomes and facilitating long-term lifestyle changes.

Keywords: -

Fitness community, Health-conscious individuals, Weight management and progress tracking, Workout routines, Exercise, Physical fitness, Nutrition and eating habits.

Introduction:

The lifestyle pattern associated with Diet, Physical activity, and Body Mass Index is comes under the “HEALTHCARE AND WELLNESS INDUSTRY” In the early 2000’s there was growing recognition among researchers and public health experts that studying individual dietary components or specific physical activities in isolation provided an incomplete understanding of their impact on health outcomes, including BMI (Body Mass Index). According to Statista the global fitness industry is worth \$ 96.7 billion in 2022. As per the Health and Fitness market is projected to reach US\$ 21.35 million in 2022.

Lifestyle pattern play a crucial role in determine an individual’s overall health and well-being. Three key factors that significantly impact lifestyle are diet, physical activity and body mass index (BMI). These factors are closely interconnected and can influence each other. Understanding the associations between this lifestyle pattern is essential for promoting healthy habits and preventing various chronic (long period of time) diseases. Diet refers to the types and qualities of food consumed by an individual. A balanced and nutritious diet is vital for maintaining good health. Physical activity encompasses any bodily movement that requires energy expenditure. Regular physical activity has numerous health benefits, including weight management, improved cardiovascular health, enhanced mental well-being and reduced risk of chronic diseases. Body Mass Index (BMI) is a measurement used to assess an individual’s body weight in relation to their Hight. It is calculated by dividing a person’s weight in kilograms by square of their Hight in meters. The classification categories for BMI includes Underweight, Overweight, and Healthy or normal weight.

Diet, Physical activity and Body Mass Index are interconnected and have a significant impact on each other. A balanced and healthy diet support an individual’s energy levels, providing the necessary fuel for physical activity. Regular physical activity helps maintain a healthy weight and can influence dietary choices, as activity individuals often prioritize nutritious foods to supports their fitness goals. A diet typically includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy facts while limiting the intake of processed foods, added sugars, and unhealthy fats. Engaging in activities such as walking, jogging, cycling, swimming, or participating in sports can help maintain a healthy weight, strengthen muscles and bones to improve overall fitness levels. Body mass index is a measurement used to assess an individual’s body weight in relation to their Hight. It is calculated by dividing a person’s weight in kilograms by square of their Hight in meters. The GYM goers or people who are going to GYM to improve the body, health, control the weight to stay healthy and fitness. The main purpose is that to GYM trainers to bring changes in level of physical activity, diet habits and weight management based on the workout levels to change the plan of workouts, lifting sufficient way of weight lifting, rather than the unnecessary painful lifting. This study significance for gym trainers, gym goers, firms andresearchers.

Literature Review :

Kanchan Ghatole and Prajakta Nande in 2018, in their study opines the gym goers are going for the purpose of reduce the weight and increase the Hight of the people and make a workout to reduce the belly fat or fat.

Huseyin Ozturk in 2018, in his study opines that most of gym members are single, company executives in the age bracket of 32 years or older who do not smoke and have been playing sports for 1 to 3 years. This study found that married people are more attentive than singles when it comes to healthcare, more about their lives and give importance to getting professional help to improve their life quality.

Kriti Jain and Dr. Sarla Lakhawat in 2022, in their study opines according to daily nutrient intake women's were taking less nutrients than men of both age group and men's were taking nutrients more than standard RDA (recommended dietary allowance) value. The supplements this nutrient fluctuation is seen in both genders of different age group.

Hakan Aramturk and Ozlem ECE in 2018, in their study opines to know the results the males are more smoked more than their female counterparts and that followed health and wellness social media account more.

Navin Kaushal, and Ryan E Rhodes in 2017, in their study opines predicted changes in habit formation over a time. The trainers should keep exercises fun and simple for new clients and focus on consistency which could lead to habit formation in nearly 6 weeks.

Robert Jeykumar Nathan, PEI- Kian tan, Vijay Victor in 2022, in their study opines based on recent literature reviews, several research constructs were identified to form a research framework to investigate the physical attractiveness phenomena in the fitness industry.

Rachelle Tanith Reller in 2019, in his study openies is to develop a consumer typology for health and fitness centers, based on the consumer behavior of its members. Non gym member response was also solicited help.

Ana Sofia R Tavares, Elisabete Carolino, Antonio Rosado, Luis Calmerio, and Sidonio Serpa in 2022. In their study opines to improve the physical condition being advised by friends, training colleagues and coaches or on the internet.

Gnganjot Kaur, Pahulpreet Kaur, Gursimart Kar, and Suryapratap Singh, in their study opines in deparment of food technology and nurtrition, of Lovely professional university, phagwara, Punjab, India. Is that how the people are balanced their diet which contains all the major food groups including adequate protein, carbohydrates, high quality fats, vitamins and minerals.

Luciana Rossi, and Julio Tirapegui in 2018. In their study opines to evaluate body dissatisfaction among gym goers and its relationship with age, gender, participation in gym activities and nutrition's status.

Research methodology :-

Statement of the problem:- “A study on impact of gym-goers lifestyle on mentalhealth outcomes” in this research main focus will be given on identifying changes in mental health of gym goers, who have different levels of physical activity, diet habits and weight.

Research deigns: research design is exploratory research and descriptive research Design.

Sampling: the data collected form the convenience sampling method to choose therespondents for the study.

Data collection:- Primary data is collected from respondents through questionnaires which are converted into google forms. Secondary data is collected from online published articles, and through websites.

Data Analysis:

The data is collected from 100 respondent who are going to gym, in these 18-22 years of old people are 26% they are going to gym, 22-26 years of old people are 53%, 26-30 years old people are 13%, and 30 and above age of people are going to gym is 8%.

The data is collected form 100 respondent out of those people 73% of people are taken General training and remaining 27% of people are taken Personal training.

Out of 100 respondent 43% of peoples are hire a trainer and remaining 57% of people are they did not hire the trainer.

Out of 100 respondent 51% of people are injured in the gym and remaining 49% of people are not injured in the gym.

Out of 100 respondent BMI measurement based on the goal, in this 27% of people are measure their body weight, 45% of people are measure their Body Mass Index, 24% of people are measure their Body fat percentage and remaining 4% of people are measures other based on the people.

Out of 100 respondent the peoples current BMI, in this the 26% of people are Less than 18.5 (Underweight), 46% of people are 18.5-24.9 (Healthy weight), 22% of people are overweight (25.0-29.9), and 6% of people are 30.0 or higher.

Out of 100 respondent they feeling about your current BMI, as per the research the 42% of people are satisfied, 32% of people are somewhat satisfied, 20% of people neutral, 5% of people are somewhat dissatisfied, and remaining 1% of people are very dissatisfied.

Hypotheses testing :

H0: - There is a no relationship among recommendation between GYM andFriends

H1: - There is a relationship among recommendation between GYM and Friend

Recommend	Male	Female
Extremely likely	29	07
Somewhat likely	28	04
Neutral	20	9
Somewhat unlikely	02	00
Extremely unlikely	00	00

	Male	Female
Mean =	15.8	4
SD =	13.9714	4.062019
SE =	6.2482	1.81659

t-Test: Two-Sample Assuming Equal Variances

	29	7
Mean	12.5	3.25
Variance	187.6666667	18.25
Observations	4	4
Pooled Variance	102.9583333	
Hypothesized Mean Difference	0	
df	6	
t Stat	1.289216867	
P(T<=t) one-tail	0.122395186	
t Critical one-tail	1.943180281	
P(T<=t) two-tail	0.244790371	0.05NS
t Critical two-tail	2.446911851	

Interpretation :- The table is inferred that p value is (0.122395186) is greater than the critical value of 0.05 therefore we accept the null hypotheses which state that There is No significant relationship between recommendation of Friends and joining the GYM.

Findings :

1. Most people going to the gym fall into the age range of 22-26 years old (53%), followed by 18-22 years old (26%). The percentage decreases as the age increases, with 26–30-year-old comprising 13% and those aged 30 and above accounting for 8% of gym-goers.
2. The gym population is predominantly male, with males representing 80% of the respondents. Females make up the remaining 20%.
3. The primary motivator for joining the gym is self-influence, with 48% of people stating that they joined based on personal motivation. Friends play a significant role in influencing gym attendance, accounting for 41% of responses. Peer groups have a smaller impact at 10%, and family members have the least influence at 1%.
4. When it comes to training, 73% of respondents opt for general training, while the remaining 27% prefer personal training.
5. The majority of individuals (30%) go to the gym 4-5 times per week, followed closely by those who visit daily (29%). A notable portion (26%) only attend the gym once a week, and 15% go 2-3 times a week.
6. Approximately 43% of people choose to hire a trainer for their gym workouts, while the majority (57%) do not.
7. The 57% of respondents prefer to work out with a partner, while the remaining 43% prefer to exercise alone.
8. The 51% of individuals have experienced injuries while at the gym, while the other 49% have not.
9. Among 38% are highly likely to recommend the gym to others, 29% hold a neutral stance, 31% do not recommend it, and 2% are somewhat unlikely to recommend.
10. The 63% of people prefer to go to the gym in the morning, while 37% opt for evening workouts.
11. The 37% of individuals take one rest day per week, 33% take two rest days, 17% rest on specific days such as Sundays, and 13% rarely take a rest day.

12. Respondents allocate their exercise time differently, with 53% spending 30-45 minutes per session, 38% exercising for less than 30 minutes, and the remaining percentage exceeding 45 minutes.
13. The 34% of individuals change their workout routine on a monthly basis, 18% do so weekly, 15% every 15 days, and 33% rarely change their routine.
14. The majority of people (71%) prefer listening to music while working out, while 29% do not.
15. The 34% of respondents consume less than 1 serving of fruits and vegetables per day, 41% consume 1-3 servings, 17% consume 4-6 servings, and 18% consume more than 6 servings.
16. The Majority of people preferred measurement methods for BMI are body weight (27%), body mass index (BMI) calculation (45%), body fat percentage (24%), and other methods (4%).
17. The majority of individuals fall into the healthy weight range (46%), followed by those who are underweight (26%). A smaller portion is overweight (22%), and a few individuals have a BMI of 30.0 or higher (6%).
18. The 21% of people focus on exercise, 22% change their diet, and 54% combine both exercise and dietary changes to reach their target BMI. A small percentage (3%) follows other strategies.
19. According to the research, 42% of respondents are satisfied with their current BMI, 32% are somewhat satisfied, 20% are neutral, 5% are somewhat dissatisfied, and 1% are very dissatisfied.
20. Roughly 49% of people have set a goal to change their BMI in the past, while the remaining 51% have not.
21. The majority of people (87%) have noticed changes in their overall health or body due to their gym activities, while 13% have not observed any changes.
22. Approximately 51% of respondents do not wish to give advice on diet, while the remaining 49% are willing to offer dietary advice.
23. The 47% of respondents do not plan their meals and snacks, 29% plan some but not all meals, 20% plan all meals and snacks for the week, and 4% follow other approaches.

These are the finding of my report.

SUGGESTIONS:

- Going to the Gym will improve the good health
- I suggest everyone to look after their health and give some time for their own self
- Men who are going to gym must have control on their diet, and do necessary workout.
- Women are also need to focus on their good health and fitness.
- Women must do some workout either at home or at the Gym
- There should be separate time only for the women or girls at the GYM so that they can feel comfortable, and focus on their workout.
- And for the women there should be lady coach to train them.

Conclusion :-

This study concludes that gym goers tend to exhibit positive dietary behaviors showcasing a higher consumption of nutritious foods such as fruits, vegetables, whole grains. Recommended guidelines, contributing to their overall health and fitness. The regular exercise combined with healthy eating habits may play a role in weight management, and those who doesn't have healthy BMI are eager to reach healthy levels by making a balance between physical activity and food habits. And finally this study concludes that lifestyle pattern associated with diet, physical activity, and body mass index of GYM goers changes are completely different compare to non-Gym goers.

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