

## COMPARISON OF POPULATION USING FITNESS CENTRES IN SELECTED METRO CITIES OF UTTAR PRADESH

Zamirullah khan<sup>1</sup>, Shailendra Pratap Singh<sup>2</sup> and Naseem Ahmed Khan<sup>3</sup>

<sup>1</sup>Associate Professor.

### Abstract:

*The purpose of the study was to compare the population using fitness centers in selected metro cities of Uttar Pradesh i.e. Kanpur, Lucknow and Allahabad. The results of the study are that the total number of people using the fitness centers in Kanpur was 1170, which consists of 635 men and 475 women forming 34.82%. In Lucknow total people using the health center was 1590, consisting of 875 men and 715 women forming 47.32%. In Allahabad total people using the health center was 460 men and 240 women forming 17.85%.*

### KEY WORDS:

Fitness centers, metro cities and population.

### INTRODUCTION

Fitness is a key to enjoy life. Exercise is an important of a total fitness programme. Modern living has taken all the exercise out of our lives and so in order to get fit and have to put it back again, regular exercise is necessary to develop and maintain an optional level of health, performance and appearance. It makes feel good, both physically and mentally. It gives psychological lift and strengthens a sense of accomplishment. Looking younger is a reflection of good health. Regular physical exercise enhances the function of the joints; increase the sense of physical well-being and promotes a sense of feeling good; increases physical working capacity by increasing cardio respiratory fitness, muscle strength and endurance and decreases the risk of serious diseases that could lead to early disability and death.

Ukoho (1988) expressed that exercise has shown to improve health prospects in various ways. It helps to reduce body fat and overall weight and reduce blood pressure. Exercise ensures better digestion, respiration and efficient blood circulation. Proper exercise programme can reduce the probability of injuries among older people as well as back injuries among certain occupational group. Exercise tolerance is increased, risk factors are kept in line and even progression and regression of coronary artery disease can be influenced by training and diet. Psychological effects include lessened depression and cut down anxiety. Regular physical activity is important for maintenance of health and may contribute to a better tone of liveliness. Training has to be followed not less than two to three hours per week in at least three sessions at an intensity corresponding to 60 to 85% of maximum heart rate achieved during a symptom limited maximum exercise test. Cardiac patients at high risk should exercise at lower intensities. Exercise occupies a leading role in keeping persons fit. It will be quite difficult to adjust one's life in term of stress, diet sleep and so on without proper exercise. Exercise means using and tuning the body. Exercise builds and maintains physical fitness.

V. Jyothirmai and R. Shiv Ram Prasad (2014) mentioned that During the 1990s, Indian healthcare grew at a compound annual rate of 16%. Today the total value of the sector is more than \$34 billion. This translates to \$34 per capita, or roughly 6% of GDP. By 2012, India's healthcare sector is projected to grow to nearly \$40 billion. It is believed that with the active involvement of the government and private participants, the wellness industry in India can create visible impact on a global scale. By 2015, wellness

services alone are expected to have the potential to generate three million job opportunities.70% of urban Indians are obese or over weight ( source India Today) India is the diabetic capital of the world with 63 million affected individuals in 2012 (WHO), the number of Indians with cardiac disease had increased from 1% in1960 to over 14% of the country's urban population in 2012(source International Heart protection summit).Even as the scenario is grim and likely to get worse, an encouraging counter-reality is beginning to emerge. India is beginning to move from cure to prevention; one of the biggest prevention measures lies in the simple imitative to wear track pants, sports shoes and head to fitness centre, there is a growing recognition that just any fitness centre won't do, only a specialised fitness centres with the complement of qualified trainers, dietician and masseur will work. When it comes to gym infrastructure, India is one of the most under penetrated countries in the world. The Indian fitness industry is highly under penetrated compared with several developed and developing nations. For instance USA accounts for 38% of total health club members worldwide while the share of India is 0.3% (source IMF, World economic outlook 2013).

**METHODOLOGY AND PROCEDURE**

**Selection of fitness centers**

To achieve the purpose of this study, the investigator visited Kanpur, Lucknow and Allahabad metro cities. From these cities, he randomly selected three Fitness centers, from each city as shown in Table I.

**Table I  
Name of the Fitness Centers**

S.No	Name of the Center	City
1	Talwalkars Prime Fitness	Kanpur
2	Imagine Health Centre	Kanpur
3	VLCC Health Centre	Kanpur
4	Talwalkars Prime Fitness	Lucknow
5	The Expander	Lucknow
6	VLCC Health Centre	Lucknow
7	Fitness Zone	Allahabad
8	Revolution	Allahabad
9	VLCC Health Centre	Allahabad

As shown in Table I, the nine fitness centers were selected for the purpose of this study. In the nine fitness centers, Tawalkars has branches in two cities, namely Kanpur and Lucknow and VLCC has branches in three cities, namely Kanpur, Lucknow and Allahabad. The population using these selected fitness centers were compared for the purpose of this study.

**Tool**

A questionnaire was prepared to collect details on the General Information and Membership strength / Enrolment. Data collected through questionnaire was grouped into different heads identified by

the investigator. Precaution and necessary care was taken to get accurate data at every stage.

## RESULTS AND DISCUSSIONS

The data collected on enrollment of public to the respective fitness centers were analyzed.

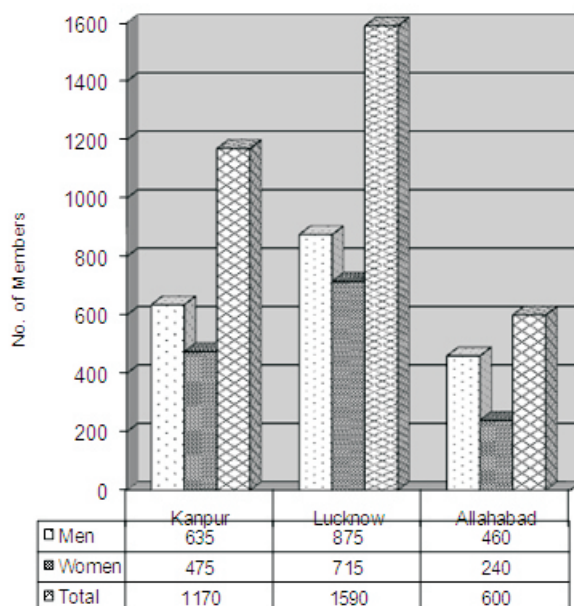
**Table I**  
**Number of User of Fitness Centers in different Cities in a Year**

S.No	Name of the Fitness Center	Men	Women	Total	
				Total	%
1	Talwalkars, Kanpur	330	230	560	18.45
2	Imagine, Kanpur	125	35	160	4.76
3	VLCC, Kanpur	180	210	390	11.61
	<b>Kanpur Total</b>	<b>635</b>	<b>475</b>	<b>1170</b>	<b>34.82</b>
4	Talwalkars, Lucknow	445	290	735	21.88
5	TheExpander, Lucknow	200	130	330	9.82
6	VLCC, Lucknow	230	295	525	15.63
	<b>Lucknow Total</b>	<b>875</b>	<b>715</b>	<b>1590</b>	<b>47.32</b>
7	Fitness Zone, Allahabad	140	40	180	5.36
8	Revolution, Allahabad	160	100	160	4.76
9	VLCC, Allahabad	160	100	260	7.74
	<b>Allahabad Total</b>	<b>460</b>	<b>240</b>	<b>600</b>	<b>17.86</b>
	<b>Grand Total</b>	<b>1970</b>	<b>1430</b>	<b>3360</b>	<b>100.00</b>

The results presented in Table I proved that total number of people using the fitness centers in Kanpur was 1170, which consists of 635 men and 475 women forming 34.82% of total population taken as sample of metro cities. In Lucknow total people using the fitness center was 1590, consisting of 875 men and 715 women forming 47.32%. In Allahabad total people using the fitness centers was 460 men and 240 women forming 17.86%. Thus, as for people using fitness centers in the cities under study, Lucknow stood first with 47.32%, followed by Kanpur with 34.82% and then Allahabad with 17.86%.

The results is presented through a bar diagram in Figure I for better understanding.

**Figure I: Number of users of Fitness Centers in Kanpur, Lucknow and Allahabad**



## DISCUSSION

There has been a growing recognition of the importance of fitness awareness among public. Today, many researchers present an abundance of fresh ideas about physical activities. The fitness centers should create wider opportunities and expand concern for immediate improvement in fitness level and make the youngsters worthy citizens.

This attracted a number of members both men and women. Table I shows the number of men and women who are on rolls in Fitness Centers of Kanpur, Lucknow and Allahabad. It was found that there were more men participating in Fitness centers than women in all the three cities.

As we know that Lucknow is the capital of Uttar Pradesh State and the people living in this city are mostly employed in government sectors so they have more time to spend upon themselves. Kanpur is the industrial city of Uttar Pradesh and most people are doing private jobs so they remain engaged in their jobs most of the time. Aside from these Allahabad is the smaller city and competitive students are living there and they focus on study comparison to join fitness centers.

## CONCLUSION

Within the limits and limitations of the study following conclusions may be drawn:-

- A significant difference exists between population using fitness centers.
- It was found that there were more men participating in Fitness centers than women in all the three cities.



**Zamirullah Khan**  
Associate Professor.



**Shailendra Pratap Singh**



**Naseem Ahmed Khan**