Exercise as an Emerging Factor Effecting Cardiovascular Health (An Experimental Approach)

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Authors’ contributions
This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

Article Information
DOI: 10.9734/JPRI/2021/v33i57B34046

Open Peer Review History:
This journal follows the Advanced Open Peer Review policy. Identity of the Reviewers, Editor(s) and additional Reviewers, peer review comments, different versions of the manuscript, comments of the editors, etc are available here: https://www.sdiarticle5.com/review-history/78098

ABSTRACT
This research study was basically carried out for the purpose to assess the effect of moderate intensity exercise on cardiovascular health. Ten (10) participants were voluntarily selected and thus they were randomly divided into two (02) groups i.e. (Experimental Group (EG)=05+ Control Group (CG)=05. A self-made eight weeks’ self-made moderate intensity exercise protocol was applied on all the subjects. Pre and post test data were collected through Harvard Step Test. A written informed consent was taken from each subject before participation in the study. All participants

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were informed about the benefits and risk factors of the study. After fulfilling all the ethical protocols, eight weeks self-made moderate intensity exercise protocol was applied on all the subjects. Pre and post test data were collected through Harvard Step Test. The collected data were tabulated and analyzed by using various statistical tools. On the basis of analysis the researcher arrived at conclusion that exercise has a significant effect on cardiovascular health.

Keywords: Moderate; exercise; cardiovascular; Health.

1. INTRODUCTION

Body need to get involved in different bodily movements or activities for its development and maintenance. Regular exercise as well as balance diet is considered important for bodily growth and development. In addition it helps us to stay healthy by improving cardio respiratory endurance, muscular fitness, bone health, cardiovascular and metabolic health biomarkers [1]. Similarly lacking of regular exercise and balance diet may cause inactiveness among the children.

Numerous terms used for cardiovascular health such as cardiorespiratory fitness, maximal capacity and cardiovascular fitness etc. Literally cardiovascular health refers to the inclusive functioning of cardiovascular and respiratory system during vigorous physical exercise. During exercise a body to utilize more or maximum oxygen uptake is required and thus Vo2 Max is considered the best indicator of cardiovascular health [2].

VO2 max is the maximum intake of oxygen during exercise. It is determined by liters/min as an absolute value or in milliliters/kg/min as relative VO2 max. VO2 can be measured through direct and indirect method. Walking/running tests followed by cycling and step tests are commonly used methods for measuring VO2 maximum [3]. In addition it can be also measured through predication equations’ rather than direct method because it is easily approachable in term of cost [3-5].

Physical fitness is ability of a person to do more work in the cost of less energy and also having ample energy to meet unforeseen emergency demands. Fitness with reference to cardiovascular health refers to the state of the body when you heart as well as all allied organs work properly. Strength, speed, endurance, flexibility, and body composition all are the basic components of physical fitness [6].

For promoting cardiovascular health it is also suggested for a person to participate in regular exercise session [7-9]. As a medical point of views, obesity is one among the series health complications among the peoples. Lacking of aerobic fitness also cause cardiovascular health problems. Likewise regular exercise significantly contribute to cardiovascular health [9-14]. Exercise promote health and reduce health consequences among the masses. Exercise with low volume and intensity promote cardiovascular health among the overweight peoples [15-17].

From the above critical discussion of various researchers, now we can says that exercise promote health. How and what type of exercise promote health. To discover the fact, the researcher initiated this particular research study under the title “Exercise as an Emerging Factor Effecting Cardiovascular Health (An Experimental Approach). In addition, the main objective of the study was to examine the effect of moderate intensity exercise on cardiovascular health.

2. METHODS AND MATERIALS

2.1 Design of the Study

As the current study was associated with exercise and cardiovascular health. Therefore an randomized control trail was conducted.

2.2 Study Participants

Ten (10) participants were voluntarily selected and thus they were randomly divided into two (02) groups i.e. (Experimental Group (EG)=05+ Control Group (CG)=05.

2.3 Inclusion Criteria

The subjects were included in the study through the below inclusion criteria:

- The subjects aging more than 20 years and less than 30 years
- The subjects using no medication
The subjects have no chronic health problems
The subject who voluntarily participate in the study.

2.4 Exclusion Criteria
The subjects were excluded in the study through the below criteria.
- The subjects aging less than 20 years and more than 30 years
- The subjects using medication
- The subjects have chronic health problems
- The subject who refuse voluntarily participate the study

2.5 Instruments and Instrumentations
After fulfilling all the ethical protocols, eight weeks self-made moderate intensity exercise protocol was applied on all the subjects. Pre and post test data were collected through Harvard Step Test.

2.6 Data Analysis
The collected data were processed through statistical package for social sciences (SPSS, version 24) and thus mean, standard deviation and t score were applied as statistical tools.

2.7 Presentation & Analysis of Data
The above table depicts that mean in term of age was 21.4 years, the mean in term of weight of the was 80 kg, mean in term of height was 175.86 cm, the mean in term of BMI was 25.9, the mean in term of activity time was 96.4 sec, mean in term of resting heart rate was 88.6, and heart recovery rate was 145.2, the mean in term of cardiovascular was 32.49, the mean in term of steps was 42.8 Hence this anthropometric characteristics shows that all the subjects were fall in Average Zone.

The above table depicts that mean in term of age was 23 years, the mean in term of weight of the was 80.2 kg, mean in term of height was 175.86 cm, the mean in term of BMI was 25.9, the mean in term of activity time was 96.4 sec, mean in term of resting heart rate was 82.4, and heart recovery rate was 126.8 the mean in term of cardiovascular was 27.14, the mean in term of steps was 29.2 Hence this anthropometric characteristics shows that all the subjects were fall in Average Zone.

The above table depicts that mean in term of age was 21.4 years, the mean in term of weight of the was 67.2 kg, mean in term of height was 170.18 cm, the mean in term of BMI was 23.28, the mean in term of activity time was 135 sec, mean in term of resting heart rate was 96.2, and heart recovery rate was 193.4, the mean in term of cardiovascular was 33.91, the mean in term of steps was 67. Hence this anthropometric characteristics shows that all the subjects were fall in Poor Zone.

The above table depicts that mean in term of age was 21.4 years, the mean in term of weight of the was 64.4 kg, mean in term of height was 170.18 cm, the mean in term of BMI was 22.2, the mean in term of activity time was 186 sec, mean in term of resting heart rate was 82.8, and heart recovery rate was 126.8, the mean in term of cardiovascular was 27.14, the mean in term of steps was 78.6. Hence this anthropometric characteristics shows that all the subjects were fall in Average Zone.
| Week 1 | Introduction about Training and research. | warm up, light intensity running 15 min, Strength session. | warm up, light intensity running 10 min, Volleyball session. | warm up, light intensity running 10 min, Volleyball session. |
|---|---|---|---|---|
| | warmup (Light Running) | Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift | Kneeling Foot Stretch, simple Ankle Mobility, Kneeling, Standing Hamstring and Calf Stretch, Crescent to Hamstring Stretch, Half Wall Hang Stretch, Standing Forward Bend, Wrist Release Stretch. | Futsal 20 min, Futsal 20 min, Futsal 20 min |
| | core session | One leg barbell calf raise, Bench Press, sprint work 3 x 40m with 50%, cool down | sprint work 3 x 40m, cool down | moderate intensity running 15 min, Volleyball session |
| | Basic gymnastics Training | | | |
| | Light sprints 3 x 50m with 50% intensity cool down | | | |
| | | warm up, light intensity running 15 min, Strength session. | warm up, light intensity running 10 min, Volleyball session. | warm up, light intensity running 10 min, Volleyball session. |
| week 2 | warm up, light intensity running 15 min, Volleyball session, splits, handspring on vault, back, handspring, round off, turn on 1 foot, split leap. Sprints 3 x 60m with 70% intensity, cool down | warm up, light intensity running, core session, Prone or planks Side/lateral holds Lower back extensions Opposite arm/leg Double eagles sprint work 3 x 40m with 50% intensity, cool down | Warm up, Futsal 20 min Two Cone Shuffle Cone Weave Two Cone Shuffle and Shoot Cone Weave and Shoot Circle Weave Return Pass & Shoot Boxed In Beat The Defender Penalty Shots Corner Drills Small and Big Goal Challenge Zone Passes Practice Shooting cool down | warm up, light intensity running 15 min, Volleyball session, passing, setting, spiking, blocking, digging, and serving, sprint work 3 x 40m, cool down |
| | | | Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift, One leg barbell calf raise, Bench Press, Volleyball, sprint work 3 x 60m with 50% intensity, cool down | |
| | | | | |
| | week 3 | warmup (Light Running) core session Bent-Knee Raises Quadruped with Alternate Arm/Leg Raises. | warm up, light running 15 min, Strength session | Warm up, moderate intensity running 15 min, Futsal 20 min. |
| | | | Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift, | Two Cone Shuffle Cone Weave Two Cone Shuffle and Shoot |
| | | | warm up, light intensity running 15 min, Basic Gymnastics, splits, | |
| Week 4 | Warm up, moderate intensity running 15min, basketball session Dribbling, Passing, Shooting, Rebounding, Defense and sprint work 3 x 60m with 60% intensity, cool down |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        | warm up, light intensity running 20 min, core session, Prone or planks Side/lateral holds Hip thrusts, Lower back extensions Opposite arm/leg Double eagles sprint work 6 x 60m with 80% intensity, cool down |
|        | warm up, light intensity running 15min, Basic Gymnastics, splits, handspring on vault, back, handspring, round-off, turn on 1 foot, hand stand, split leap Sprints 3 x60m with 70% intensity, cool down |
|        | warm up, light moderate running 15 min, Strength session Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift One leg barbell calf raise, Bench Press, sprint work 3 x 60m with 60%, cool down |
|        | warm up, light intensity running 10min, Volley ball session, passing, setting, spiking, blocking, digging, and serving, sprint work 3 x 40m, cool down |

**Week 5**

| Warm up, Futsal 20min Two Cone Shuffle Cone Weave Two Cone Shuffle and Shoot Cone Weave And Shoot Circle Weave Return Pass & Shoot Boxed In Beat The Defender Penalty Shots Corner Drills Small and Big Goal Challenge | Warm up, moderate intensity running 15min, basketball session Dribbling, Passing, Shooting, Rebounding, Defense and sprint work 3 x 60m with 60% intensity, cool down |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| warm up, moderate intensity running 15min, Strength session Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift One leg barbell calf raise, Bench Press, sprint work 3 x 60m with 60%, cool down |
| warm up, moderate intensity running 15min, basketball session Dribbling, Passing, Shooting, Rebounding, Defense and sprint work 3 x 60m with 60% intensity, cool down |
| warm up, moderate intensity running 10min, Volleyball session, passing, setting, spiking, blocking, digging, and serving, sprint work 3 x 30m with 50% intensity, cool down |
| Warm up, moderate intensity running 15 min, Table Tennis, forehand backhand forehand flick, backhand flick, backhand loop the underspin ball, forehand attack the semi-long ball, sprint work 3 x 30m with 50% intensity, cool down |
| Week 6 | Zone Passes | Practice Shooting | cool down | warm up, light intensity running 15min, Volleyball session passing, setting, spiking, blocking, digging, and serving | warm up, moderate intensity running 10min, Basic Gymnastics cast, splits, handspring on vault, back, handstand, handspring, round-off, turn on 1 foot, split leap, 3 x 30 sprints with 60% intensity, cool down | warm up, light intensity running 15min, Strength session Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift, One leg barbell calf raise, Bench Press, Volleyball, sprint work 3 x 30m with 50% intensity, cool down | Warm up, moderate intensity running 15min, Table Tennis, forehead, backhand, forehead, backhand, forehead, backhand, loop the underspin ball, forehead, attack the semi-long ball, sprint work 3 x 30m with 60% intensity, cool down | Warm up, moderate intensity running 15min, basketball session Dribbling, Passing, Shooting, Rebounding, Defense and sprint work 3 x 60m with 60% intensity, cool down |
|---|---|---|---|---|---|---|---|---|
| Week 7 | Warm up, Futsal 30min Two Cone Shuffle Cone Weave Two Cone Shuffle and Shoot Cone Weave And Shoot Circle Weave Return Pass & Shoot Boxed In Beat The Defender Penalty Shots Corner Drills Small and Big Goal Challenge Zone Passes Practice Shooting | warm up, light intensity running 20min, Strength session Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift, One leg barbell calf raise, Bench Press, sprint work 4 x 60m with 70% intensity, cool down | Warm up, moderate intensity running 20min, Table Tennis, forehead, forehead, backhand, forehead, backhand, loop the underspin ball, forehead, attack the semi-long ball, sprint work 4 x 60m with 70% intensity, cool down | Warm up, moderate intensity running 15min, basketball session Dribbling, Passing, Shooting, Rebounding, Defense and sprint work 3 x 60m with 60% intensity, cool down | Warm up, moderate intensity running 20min, Basic Gymnastics, splits, handspring on vault, back, handspring, round-off, turn on 1 foot, handstand, split leap Sprints 4 x 60m with 70% intensity, cooldown |
| Week 8 | Warm up, moderate intensity running 20min, Table Tennis, forehead, backhand, forehead, backhand, forehead, backhand, forehead, backhand, forehead, backhand, forehead, backhand, forehead, backhand, forehead, backhand, loop the underspin ball, forehead, attack the semi-long ball, sprint work 4 x 60m with 70% intensity, cool down | Warm up, moderate intensity running 20min, Strength session | Warm up, Futsal 30min Two Cone Shuffle | Warm up, moderate intensity running, core session, Prone or planks Side/lateral holds |
loop the underspin ball, forehand attack the semi-long ball, sprint work 4 x 60m with 70% intensity, cool down

Basic Gymnastics cast, splits, handspring on vault, back, handstand, handspring, round-off, turn on 1 foot, split leap, 4 x30 sprints with 70% intensity, cool down

Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift, One leg barbell calf raise, Bench Press, sprint work 4 x 60m with 70% intensity, cool down

Cone Weave Two Cone Shuffle and Shoot Cone Weave And Shoot Circle Weave Return Pass & Shoot Boxed In Beat The Defender Penalty Shots Corner Drills Small and Big Goal Challenge Zone Passes Practice Shooting cool down

Supine Prone knee bent Lower back extensions Opposite arm/leg Double eagles sprint work 4 x 60m with 70% intensity, cool down
Table 1. Shows pre-test anthropometric measurement of EG

| Code | Age | Weigh/Kg | Height/Cm | BMI  | B/T | A/T/SEC | RHR | HRR  | CVF  | STEPS | Cat  |
|------|-----|----------|-----------|------|-----|---------|------|------|------|-------|------|
| A1   | 22  | 65       | 172.72    | 21.78| 1   | 125     | 95  | 190  | 32.89| 60    | poor |
| A2   | 21  | 82       | 170.18    | 28.31| 2   | 65      | 70  | 175  | 18.57| 35    | Poor |
| A3   | 22  | 70       | 167.64    | 24.90| 2   | 123     | 105 | 177  | 34.74| 30    | Poor |
| A4   | 21  | 60       | 170.18    | 20.71| 1   | 120     | 121 | 195  | 30.76| 60    | Poor |
| A5   | 21  | 59       | 170.18    | 20.73| 1   | 242     | 90  | 230  | 52.60| 110   | Poor |
| Average | 21.4 | 67.2     | 170.18    | 23.28| 135 | 96.2    | 193.4 | 33.91 | 67    | Poor |

Table 2. Shows post-test anthropometric measurement of EG

| Code | Age year | Weight Kg | Height Cm | BMI  | B/T | A/T SEC | RHR | HRR  | CVF  | STEPS | CAT  |
|------|----------|-----------|-----------|------|-----|---------|------|------|------|-------|------|
| A1   | 22       | 63        | 172.72    | 21.1 | 1   | 242     | 85  | 135  | 89.62| 120   | G    |
| A2   | 21       | 78        | 170.18    | 26.9 | 2   | 180     | 83  | 118  | 76.27| 72    | AV.. |
| A3   | 22       | 65        | 167.64    | 23.1 | 1   | 170     | 87  | 125  | 68   | 67    | AV.. |
| A4   | 21       | 58        | 170.18    | 20.0 | 1   | 175     | 81  | 135  | 61.11| 65    | LA   |
| A5   | 21       | 58        | 170.18    | 20.0 | 1   | 163     | 78  | 119  | 68.48| 69    | AV.. |
| Average | 21.4 | 64.4      | 170.18    | 22.2 | 186 | 82.8    | 126.4 | 72.6  | 78.6 |       |      |
Table 3. Shows Pre-test Anthropometric Measurement of CG

| Code | Age year | Weight Kg | Height Cm | BMI | B/T | A/TSEC | RHR | HRR | CVF   | STEPS | CAT |
|------|----------|-----------|-----------|-----|-----|--------|-----|-----|-------|-------|-----|
| B1   | 24       | 92        | 185.42    | 26.75 | 2 | 71     | 79  | 147 | 24.14 | 37    | Poor |
| B2   | 23       | 78        | 175.26    | 25.39 | 1 | 132    | 102 | 170 | 38.82 | 60    | Poor |
| B3   | 22       | 90        | 170.18    | 31.07 | 2 | 75     | 87  | 142 | 26.40 | 35    | Poor |
| B4   | 23       | 75        | 185.88    | 21.70 | 1 | 144    | 101 | 167 | 43.11 | 56    | Poor |
| B5   | 23       | 65        | 162.56    | 24.59 | 1 | 60     | 74  | 100 | 30    | 26    | Poor |
| Average | 23 | 80 | 175.86 | 25.9 | 96.4 | 88.6 | 145.2 | 32.49 | 42.8 | Poor |

Table 4. Shows Posttest Anthropometric Measurements of CG

| Code | Age Year | Weight Kg | Height Cm | BMI | B/T | A/T SEC | RHR | HRR | CVF   | STEPS | CAT |
|------|----------|-----------|-----------|-----|-----|---------|-----|-----|-------|-------|-----|
| B1   | 24       | 92        | 185.42    | 26.75 | 2 | 67     | 74  | 140 | 23.92 | 33    | Poor |
| B2   | 23       | 78        | 175.26    | 25.39 | 2 | 65     | 88  | 150 | 21.66 | 28    | Poor |
| B3   | 22       | 90        | 170.18    | 31.07 | 3 | 73     | 91  | 133 | 27.44 | 34    | Poor |
| B4   | 23       | 75        | 185.88    | 21.70 | 1 | 67     | 80  | 121 | 27.68 | 25    | Poor |
| B5   | 23       | 66        | 162.56    | 24.97 | 2 | 63     | 79  | 90  | 35    | 26    | Poor |
| Average | 23 | 80.2 | 175.86 | 25.97 | 67 | 82.4 | 126.8 | 27.14 | 29.2 | Poor |
Table 5. Independent Sample T-test indicates the Mean difference between EG and CG in Term of BMI, Activity time, Resting Heart Rate, Heart Recovery Rate, Cardiovascular Fitness, Steps Before and After Treatment

| Testing variable | Testing Groups | N | Means | Std  | T     | Sig  |
|------------------|----------------|---|-------|------|-------|------|
| BMI PRE          | EG             | 5 | 28.28 | 3.289| -1.230| .254 |
|                  | CG             | 5 | 25.90 | 3.430|       |      |
| BMI POST         | EG             | 5 | 22.22 | 2.906| -1.897| .049 |
|                  | CG             | 5 | 25.97 | 3.340|       |      |
| AT PRE           | EG             | 5 | 136.80| 64.549| 1.201 | .264 |
|                  | CG             | 5 | 96.40 | 38.604|      |      |
| AT POST          | EG             | 5 | 186.00| 31.929| 8.277 | .000 |
|                  | CG             | 5 | 67.00 | 3.741|       |      |
| RHR PRE          | EG             | 5 | 96.20 | 18.833| -749  | .475 |
|                  | CG             | 5 | 88.60 | 12.660|      |      |
| RHR POST         | EG             | 5 | 82.80 | 3.492| -115  | .911 |
|                  | CG             | 5 | 82.40 | 6.949|       |      |
| HRR PRE          | EG             | 5 | 193.40| 22.142| 3.016 | .017 |
|                  | CG             | 5 | 145.20| 28.048|      |      |
| HRR POST         | EG             | 5 | 126.40| 8.294| -.036 | .972 |
|                  | CG             | 5 | 126.80| 23.123|      |      |
| CVE PRE          | EG             | 5 | 33.91 | 12.209| -216  | .834 |
|                  | CG             | 5 | 32.49 | 8.152|       |      |
| CVE POST         | EG             | 5 | 72.69 | 10.877| 8.490 | .000 |
|                  | CG             | 5 | 27.14 | 5.063|       |      |
| STEPS PRE        | EG             | 5 | 67.00 | 27.294| 1.749 | .118 |
|                  | CG             | 5 | 42.80 | 14.549|      |      |
| STEPS POST       | EG             | 5 | 78.60 | 23.289| 4.672 | .002 |
|                  | CG             | 5 | 29.20 | 4.086|       |      |

The above table shows the Pre and Post test result of EG (N-05) in term of BMI, Activity time, Resting Heart Rate, Heart Recovery Rate, Cardiovascular Fitness, Steps Before and After Treatment. The data were expressed through Mean and Standard Deviation. No significant difference between the pretest and post test score of EG in term of activity time t4 = -1.377, Sig. = .240 > alpha = .05, RHRt4 = 1.580, Sig. = .189 > alpha = .05, steps4t4 = - .669, Sig. = .540 > alpha = .05 and significant difference found in BMI4 = 4.662, Sig. = .010 < alpha = .05 HRRt4 = -6.049, Sig. = .004 < alpha = .05 and CVFt4 = 4.799, Sig. = .009 < alpha = .05. Hence it shown that moderate intensity aerobic exercise put positive impact on BMI, HRR and CVF in EG.

Table 6. Independent sample t-test indicates the mean difference between EG in term of BMI, activity time, resting heart rate, heart recovery rate, cardiovascular fitness, steps before and after treatment

| Testing Groups | Testing Variables | N | Means | Std  | T     | Sig  |
|----------------|-------------------|---|-------|------|-------|------|
| Pair 1         | BMI PRE           | 5 | 3.289 | 4.662| -010 | 3.289|
|                | BMI POST          | 5 | 2.906 |       |       |      |
| Pair 2         | AT PRE            | 5 | 64.549| -1.377| -240 | 64.549|
|                | AT POST           | 5 | 31.929|       |       |      |
| Pair 3         | RHR PRE           | 5 | 18.833| 1.580| -189 | 18.833|
|                | RHR POST          | 5 | 3.492 |       |       |      |
| Pair 4         | HRR PRE           | 5 | 22.143| 6.049| -004 | 22.143|
|                | HRR POST          | 5 | 8.294 |       |       |      |
| Pair 5         | CVF PRE           | 5 | 12.209| -4.799| -009 | 12.209|
|                | CVF POST          | 5 | 10.877|       |       |      |
| Pair 6         | STEPS PRE         | 5 | 27.294| -669 | -540 | 27.294|
|                | STEPS POST        | 5 | 23.287|       |       |      |

The above table shows the Pre and Post test result of EG (N-05) in term of BMI, Activity time, Resting Heart Rate, Heart Recovery Rate, Cardiovascular Fitness, Steps Before and After Treatment. The data were expressed through Mean and Standard Deviation. No significant difference between the pretest and post test score of EG in term of activity time t4 = -1.377, Sig. = .240 > alpha = .05, RHRt4 = 1.580, Sig. = .189 > alpha = .05, steps4t4 = -6.049, Sig. = .540 > alpha = .05 and significant difference found in BMI4 = 4.662, Sig. = .010 < alpha = .05 HRRt4 = -6.049, Sig. = .004 < alpha = .05 and CVFt4 = 4.799, Sig. = .009 < alpha = .05. Hence it shown that moderate intensity aerobic exercise put positive impact on BMI, HRR and CVF in EG.
The above table shows the Pre and Post test result of CG and (N-05)in term of BMI, Activity time, Resting Heart Rate, Heart Recovery Rate, Cardiovascular Fitness, Steps Before and After Treatment. The data were expressed through Mean and Standard Deviation. No significant difference was found in pretest and post score of AT $t_4 = 1.680$, Sig. = .168 > alpha = .05, RHR $t_4 = 1.227$, Sig. = .287 > alpha = .05, steps $t_4 = 1.85$, Sig. = .137 > alpha = .05, BMI $t_4 = -.200$, Sig. = .851 > alpha = .05, and CVF $t_4 = 1.175$, Sig. = .305 > alpha = .05. Hence it is depicted that CG was not given any treatment due to which same results were produced by the group in Term of BMI, AT, RHR, HRR, CVF and Steps.

3. RESULT AND DISCUSSION

The current study find out that there is no significant difference in both EG and CG in term of BMI, t8=-1.230, Sig=.254 < alpha =.05. Such emerging findings is supported by the study conducted by [18] by stating that physical activity or exercise closely associated improved body mass index in overweight as well as obese children and adolescents.

No significant difference was found in both EG and CG in term of Activity time, $t_8 = 1.201$, Sig. = .264 > alpha =.05 before Treatment. Significant difference was found in both EG and CG in term of activity time t8 = 8.277, Sig. = .000 < alpha =.05 after Treatment. No significant difference was found in both EG and CG in term of Resting heart rate t8 = 7.549, Sig. = .475 > alpha = .05 before Treatment. No significant difference was found in both EG and CG in term of Resting heart rate $t_8 = .115$, Sig. = .911 > alpha = .05 after Treatment. Significant difference was found in both EG and CG in term of RHR t8 = 3.016, Sig. = .017 < alpha = .05 before and after Treatment. The study conducted by [19] concluded that exercise has many health benefits such as reducing the level of cholesterol, to stay healthy body weight, reducing the risk of bone fractures, reducing the level of illness and strengthen the cardiovascuclar capacity of the body in term of resting heart rate and heart recovery rate.

The current study find out that there is no significant difference in both EG and CG in term of Activity time, $t_8 = 1.201$, Sig. = .264 > alpha =.05 before Treatment. Significant difference was found in both EG and CG in term of activity time t8 = 8.277, Sig. = .000 < alpha =.05 after Treatment. No significant difference was found in both EG and CG in term of Resting heart rate t8 = 7.549, Sig. = .475 > alpha = .05 before Treatment. No significant difference was found in both EG and CG in term of Resting heart rate $t_8 = .115$, Sig. = .911 > alpha = .05 after Treatment. Significant difference was found in both EG and CG in term of RHR t8 = 3.016, Sig. = .017 < alpha = .05 before and after Treatment. The study conducted by [19] concluded that exercise has many health benefits such as reducing the level of cholesterol, to stay healthy body weight, reducing the risk of bone fractures, reducing the level of illness and strengthen the cardiovascuclar capacity of the body in term of resting heart rate and heart recovery rate.

No significant difference was found in both EG and CG in term of steps $t_8 = 1.749$, Sig. = .118 > alpha =.05 before Treatment. Significant difference was found in both EG and CG in term of steps $t_8 = 4.672$, Sig. = .002 < alpha = .05 after Treatment. No significant difference was found in both EG and CG in term of CVF $t_8 = .8490$, Sig. = .000 < alpha = .05 after Treatment. Inline of this findings the findings of the study conducted by [20,21] stated that physical activity improve cardiovascular fitness in overweight and obese male.

4. CONCLUSION

On the basis of data analysis and findings, the researcher arrived at conclusion that moderate intensity exercise significantly alter the various parameters of cardiovascular health such as BMI, Activity time, Resting Heart Rate, and Heart Recovery Rate etc. It means that moderate intensity exercise have a significant impact upon cardiovascular health.
CONSENT AND ETHICAL CONSIDERATION

A written informed consent was taken from each subject before participation in the study. Ethical approval was taken from Ethical Review and Research Board, University of the Punjab Lahore Pakistan. All participants were informed about the benefits and risk factors of the study. After fulfilling all the ethical protocols, eight weeks self-made moderate intensity exercise protocol was applied on all the subjects.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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