

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

Original Research Article

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 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 VO_2 Max is considered the best indicator of cardiovascular health [2].

VO_2 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 VO_2 max. VO_2 can be measured through direct and indirect method. Walking/running tests followed by cycling and step tests are commonly used methods for measuring VO_2 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 resaerch 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 partipcate 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 participation 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 67 .2 kg, mean in term of height was 170.18cm, 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 170.18cm, 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 126.4, the mean in term of cardiovascular was 72.6, the mean in term of steps was 78.6. 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 80 kg, mean in term of height was 175.86cm, 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 shows the Pre and Post test result of both groups i.e. CG and EG (N-10) 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 both EG and CG in term of BMI, $t_8 = -1.230$, $\text{Sig} = .254 < \alpha = .05$. No significant difference was found in both EG and CG in term of Activity time, $t_8 = 1.201$, $\text{Sig} = .264 > \alpha = .05$ before Treatment. Significant difference was found in both EG and CG in term of activity time $t_8 = 8.277$, $\text{Sig} = .000 < \alpha = .05$ after Treatment. No significant difference was found in both EG and CG in term of Resting heart rate $t_8 = .749$, $\text{Sig} = .475 > \alpha = .05$ before Treatment. No significant difference was found in both EG and CG in term of Resting heart rate $t_8 = .115$, $\text{Sig} = .911 > \alpha = .05$ after Treatment. Significant difference was found in both EG and CG in term of HRR $t_8 = 3.016$, $\text{Sig} = .017 < \alpha = .05$ before and after Treatment. No significant was found in both EG and CG in term of CVF $t_8 = -.216$, $\text{Sig} = .834 > \alpha = .05$ before Treatment. Significant difference was shown in both EG and CG in term of CVF $t_8 = 8.490$, $\text{Sig} = .000 < \alpha = .05$ after Treatment. No significant difference was found in both EG and CG in term of steps $t_8 = 1.749$, $\text{Sig} = .118 > \alpha = .05$ before Treatment. Significant difference was found in both EG and CG in term of steps $t_8 = 4.672$, $\text{Sig} = .002 < \alpha = .05$ after Treatment.

Chart 1. The table of the exercise protocols

Week 1	Introduction about Training and research. warmup (Light Running) core session Basic gymnastics Training Light sprints 3 x 50m with 50% intensity cool down	warm up, light intensity 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 40m with 50%, cool down,	warm up, 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 10 min, cool down	warm up, light intensity running 10min, Basic Gymnastics cast, splits, handspring on vault, back, handspring, round-off, turn on 1 foot, split leap 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 2	warm up, light intensity running 15min, Basic Gymnastics, splits, handspring on vault, back, handspring, round-off, turn on 1 foot, split leap Sprints 3 x 60m with 70% intensity, cooldown	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 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 Zone Passes Practice Shooting 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, Volley Ball ,sprint work 3 x 30m, cool down	warm up, light intensity running 15min, Volley ball session passing, setting, spiking, blocking, digging, and serving 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 15min, Strength session Front Squat, Quarter Squat, One leg Squat, Swiss ball hamstring hip lift,	warm up, light intensity running 15min, Basic Gymnastics, splits,	Warm up, moderate intensity running 15 min, Table Tennis, forehand backhand forehand flick, backhand flick, backhand	Warm up, Futsal 20min Two Cone Shuffle Cone Weave Two Cone Shuffle and Shoot

	Bridging, Prone Plank, Side Plank Basic gymnastics Training sprints 3x 60m with 70% intensity cool down	One leg barbell calf raise, Bench Press, Volley Ball Session, sprint work 3 x 30m with 50% intensity, cool down	handspring on vault, back, handspring, round-off, turn on 1 foot, split leap Sprints 3 x60m with 70% intensity, cooldown	loop the underspin ball, forehand attack the semi- long ball. sprint work 3 x 30m with 50% intensity, cool down	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
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 Gymnetics, splits, handspring on vault, back, handspring, round-off, turn on 1 foot, hand stand, split leap Sprints 3 x60m with 70% intensity, cooldown	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 Zone Passes	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, 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, Basic Gymnastics cast, splits, handspring on vault, back, handstand, handspring, round-off, turn on 1 foot, split leap, 3 x30 sprints with 60% intensity	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	Practice Shooting cool down warm up, light intensity running 15min, Volley ball session passing, setting, spiking, blocking, digging, and serving sprint work 3 x 60m with 50% intensity, cool down	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 x30 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, Volley Ball ,sprint work 3 x 30m, cool down	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	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 cool down	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 20 min, Table Tennis, forehand backhand forehand flick, backhand flick, backhand loop the underspin ball, forehand 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 Gymnetics, splits, handspring on vault, back, handspring, round-off, turn on 1 foot, hand stand, split leap Sprints 4 x60m with 70% intensity, cooldown
Week 8	Warm up, moderate intensity running 20 min, Table Tennis, forehand backhand forehand flick, backhand flick, backhand loop the underspin ball, forehand attack	warm up, moderate intensity running 20min, Basic Gymnastics	warm up, light intensity running 20min, Strength session Front Squat, Quarter	Warm up, Futsal 30min Two Cone Shuffle Cone Weave	Warm up, moderate intensity running, core session, Prone or planks Side/lateral holds Supine

<p>the semi-long ball. sprint work 4 x 60m with 70% intensity, cool down</p>	<p>cast, splits, handspring on vault, back, handstand, handspring, round-off, turn on 1 foot, split leap, 4 x30 sprints with 70% intensity cool down</p>	<p>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</p>	<p>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</p>	<p>Prone knee bent Lower back extensions Opposite arm/leg Double eagles sprint work 4 x 60m with 70% intensity, cool down</p>
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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	70	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	

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		

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			2.906
Pair 2	AT PRE	5	64.549	-1.377	-240	64.549
	AT POST	5	31.929			31.929
Pair3	RHR PRE	5	18.833	1.580	-189	18.833
	RHR POST	5	3.492			3.492
Pair4	HRR PRE	5	22.143	6.049	-004	22.143
	HRR POST	5	8.294			8.294
Pair5	CVF PRE	5	12.209	-4.799	-009	12.209
	CVF POST	5	10.877			10.877
Pair6	STEPS PRE	5	27.294	-669	-540	27.294
	SREPS POST	5	23.287			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 $t_4 = -1.377$,

$\text{Sig.} = .240 > \alpha = .05$, $\text{RHR}t_4 = 1.580$, $\text{Sig.} = .189 > \alpha = .05$, $\text{stepst}_4 = -.669$, $\text{Sig.} = .540 > \alpha = .05$ and significant difference found in $\text{BMI}t_4 = 4.662$, $\text{Sig.} = .010 < \alpha = .05$ $\text{HRR}t_4 = 6.049$, $\text{Sig.} = .004 < \alpha = .05$ and $\text{CVF}t_4 = -4.799$, $\text{Sig.} = .009 < \alpha = .05$. Hence it shown that moderate intensity aerobic exercise put positive impact on BMI, HRR and CVF in EG.

Table 7. Independent sample t-test indicates the mean difference between CG 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	25.90	3.430	-.200	.851
	BMI POST	5	25.97	3.340		
Pair 2	AT PRE	5	96.40	38.604	1.680	.168
	AT POST	5	67.00	3.7416		
Pair3	RHR PRE	5	88.60	12.660	1.227	.289
	RHR POST	5	82.40	6.949		
Pair4	HRR PRE	5	145.20	28.048	2.537	.064
	HRR POST	5	126.80	23.123		
Pair5	CVF PRE	5	32.49	8.152	1.175	.305
	CVF POST	5	27.14	5.063		
Pair6	STEPS PRE	5	42.80	14.549	1.8543	.137
	SREPS POST	5	29.20	4.089		

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 $t_4 = -.200$, $Sig. = .851 > \alpha = .05$, HRR $t_4 = 2.536$, $Sig. = .064 > \alpha = .05$, 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, $t_8 = -1.230$, $Sig. = .254 > \alpha = .05$. 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 $t_8 = 8.277$, $Sig. = .000 < \alpha = .05$ after Treatment. No significant difference was found in both EG and CG in term of Resting heart rate $t_8 = .749$, $Sig. = .475 > \alpha = .05$ 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 HRR $t_8 = 3.016$, $Sig. = .017 < \alpha = .05$ 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 cardiovascular 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 was found in both EG and CG in term of CVF $t_8 = -.216$, $Sig. = .834 > \alpha = .05$ before Treatment. Significant difference was shown in both EG and CG in term of CVF $t_8 = 8.490$, $Sig. = .000 < \alpha = .05$ after Treatment. In line 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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