

### 5.3 RECOMMENDATIONS FOR PRACTITIONERS/ GOVERNMENT

The following recommendations have been derived based on the study for practitioners.

1. It was found that Aerobic rhythmic exercise should be useful for college women obese students.
2. It was found the Weight training also should be useful for college women obese students.
3. It was found that the combination of both also Aerobic rhythmic exercise is more suitable than the Weight training for the college women obese students.
4. Aerobic rhythmic exercise and Weight training may be recommended for men and women for all other diseases for better treatment.
5. Aerobic rhythmic exercise and Weight training may be recommended for management as well as coping the fat mass and lean body mass.
6. Aerobic rhythmic exercise and weight training may be recommended for the improvement of the men and women for general health.
7. Aerobic rhythmic exercise and Weight training may be included as a part of all health centers and all schools for the benefits of health and overall development.
8. Men and Women may be encouraged aerobic rhythmic exercise for their children.

9. Aerobic rhythmic exercise and weight training may be included in the academic curriculum.
10. The Government may encourage aerobic rhythmic exercise by introducing various schemes on fitness for the betterment of society.

#### **5.4. SUGGESTION FOR FURTHER RESEARCH**

1. Similar study can be undertaken on other age groups of Aerobic rhythmic exercise & Weight training.
2. Similar study can be undertaken for college women obese students also.
3. Similar study can be undertaken for hypertensive, stressed and diabetic college men and women students also.
4. Similar study can be undertaken for rural and urban obese college students.
5. Similar study can be done for other ailments also.