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Sports - Cholesterol Reduction on Sportive and Non-Sportive Persons

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Introduction

The man's participation in physical activity improves the functional capacity of the various systems. Recent studies have shown the significant relationship between the functional capacity of the respiratory system and the physical performance.

During physical exertion, the respiration plays a two fold part in body, it supplies the oxygen required by the muscles on the hand, and on the other it serves to keep the acid base balance of the blood constant within certain narrow limits.

The greatest volume of air that can be inhaled from the resting respiratory level is called the aspiratory capacity which among to 2 to 3 liters.

Objectives:

- 1) To make a comparative study on similar age group sportive and non-sportive persons.
- 2) To show the major difference in the human body with respect to bio-clinical reaction during sport.
- 3) To make the sport / games not just a hobby but a necessity.
- 4) To show the change in the ratio of high cholesterol low HDL cholesterol / HDL level among actively involved, sporting people and literally effortless (sitting) people.

Materials and Methods:

To carry out the study of drastic difference in varies cholesterol level between sportive and non-sportive persons similar age group people it required two groups one group comprising of five members those who are physically involved in sports like table tennis, taekwondo, badminton and other out door games and other group of 4 members those are non-sportive, performing their work by spending there time on chair.

- 1) To know the cholesterol level 5ml blood is collected by the means of new sterile disposal by vain puncture technique.
- 2) The blood is collected in sterile vials and foiled tightly and allowed clot, in order to get the serum.
- 3) Serum is then send to one of the most reputed Anmol Diagnostic Lab for lipid profile of individual sample of both group.
- 4) Lipid profiling involves a verity of important bio-chemical tests like blood sugar, cholesterol, HDL cholesterol, HDL CHOL / CHOL Ratio LDL Triglycerides sGOT, LDH, CPK, CKMB.

Observations:

The impact of the sports carried bio-chemical reactions such a beneficial way that it shows reducing in blood sugar cholesterol, that basic principal of this reducing is nothing but burning of stored cholesterol and often, gained calories.

Sports make body effective and mind action, where as sitting completely effortless resting body not only gains it but also put on calories bad cholesterol.

The following table shows various bio-chemical tests with difference between two group in terms of sports

Sportive Persons	Blood sugar (normal range 65-110 mg / dl)	Cholesterol (normal range upto 200 mg/dl)	HDL Chol / Chol ratio (Normal range 1-5.)	LDL (normal range 150 mg / dl)	Triglycordies (normal range 35.165 mg/ dl)	VLDL (normal range upto 40 mg /dl)
244	75	177.00	3.54	101.00	132.00	26.40
245	68	172	3.37	94.00	138.00	27.60
246	82	181.00	3.69	112.00	102.00	20.48
247	100	192.00	4.00	111.00	115.00	23.00
248	120	201.00	4.18	127.00	122.00	24.40
Non Sportive Persons						
249	110	249.00	5.41	171.00	164.00	32.80
250	129	241	5.12	161.00	169.00	33.80
251	130	200.00	4.73	117.00	201.00	40.80
252	152	224.00	5.04	138.00	199.00	39.80

Results and Discussion

By observing the table holding difference specially in cholesterol level, HDL, Chol/ Chol Ration, LDL, Triglycerides, its clear that the above reading of lipid profiling is in a controlled normal range in case of sportive persons, and the range is higher and uncontrolled range, in non sportive persons.

Thus there is very less possibility that actively involved person may suffer with obesity, hyper glycemia, artherosclerosis, athrerrosclerosis as compare to the rest.

Conclusion

Since from immenocable time it is said that healthy mind and soul lies in healthy body and the best way to keep healthy by placing sports in our routine life, being and end the day with sports that makes physically, mentally and emotionally strong, thus finally research on both group reveals.

- 1) Outdoor games plays prominent role in reducing of cholesterol and sugar without medication.
- 2) The difference in cholesterol range between two groups even a layman to realize the role of sports in reducing of sugar and cholesterol.

- 3) A part from slight exercise body needs bending, stretching and working of each and every muscle to metabolize the bio molecules in an efficient and normal manner.
- 4) 2 km walks per day burns above 200 calories and tone up and strengthen all types of muscles and makes person mentally confident, if just walk benefits the much then a run in above imaginable.