

Abstract

Title: Weight modification through workout plans

Aim: To determine how active lifestyle affects weight, fitness, physiological parameters (percentage of body fat, body water percentage, blood pressure) of individuals of different age and sex groups with no previous sports experience

Method: The study will be carried out on healthy individuals, in four major age groups (20 – 35, 36 – 50, 51 – 65, 66 – 80). Both male and female individuals shall be monitored. All of them shall take part in a two-month work out plan, which will include both physical fitness training and muscle imbalance correction, as well as active and passive rest, while living a healthy lifestyle.

Results: The result is a list of workout plans and their subsequent evaluation. Whether condition improved, weight and fitness.

Conclusion: The success of intervention depends on the cooperation, time availability, but especially on the actual realization of the suggested work out plans.

Keywords: Physical fitness, body fat percentage, body water percentage, body weight, nutrition, muscle imbalance, heart rate