Assessment of Nutritional and Fitness Status of Adult Women Doing Zumba

Neha Mangrola

Abstract: ***Adulthood marks peak physical, cognitive, and biological development. (Klimczuk, A., 2016). As chronic diseases, such as overweight and obesity, continue to rise during this phase due to shifting nutritional needs, including decreased intake of a balanced diet and lack of physical activity (Winpenny, E., et al., 2020), the need for exercises like Zumba is underscored. (Kumar, R., 2017). Zumba is a beneficial dance fitness program that enhances strength, balance, coordination, cardiovascular endurance (Packyanathan, J., and Preetha, S., 2020), and flexibility. (Sharma, R., et al., 2017). This study aims to assess the nutritional and fitness status of adult women doing Zumba.The study included 30 women aged 25 to 35, sample collected from Zumba classes in Navlakha, Indore. Anthropometric, Clinical, Dietary, and Fitness assessments assessed the Nutritional and Fitness status. The data was analyzed using MS Excel and SPSS (version 16). In this study, two groups were compared based on Zumba practice duration: Group 1 (15 women, >3 months) and Group 2 (15 women, <3 months). Group 1 had 60% normal weight, 39.9% overweight and obese; Group 2 had 33.3% normal weight, 60% overweight and obese. Group 1 showed better WHR (40% good, 33.3% average) compared to Group 2 (20% good, 13.3% average). As per Clinical assessment, Group 1 had 46.6% with clinical symptoms, while Group 2 had 40%. Cardiovascular strength was higher in Group 1 (33.3% good) than in Group 2 (26.6% good). Flexibility was better in Group 2 (40% good, 40% average) than in Group 1 (46.6% good, 26.6% average). Group 1 had higher muscular strength (40% good) than Group 2 (13.3% good). Group 1 and Group 2 had lower dietary intake compared to Recommended Dietary Allowances (RDA). Based on the findings of this study, it can be concluded that practicing Zumba for more than three months can have a positive impact on body mass index, waist-to-hip ratio, cardiovascular strength, and muscular strength in adult women.***

Keywords: Anthropometric assessment, Clinical assessment, Dietary assessment, Fitness assessment, Recommended Dietary Allowances, Zumba

References

[1] Winpenny, E., Smith, M., Penney, T., and Foubister, c., (2020), **Changes in physical activity, diet, and body weight across the education and employment transitions of early adulthood: A systematic review and meta-analysis,** *Behavioral Physiology/ Developmental Biology*, Vol. 21, No. 4, pp- 1-13.
[2] Packyanathan, J., and Preetha, S., (2020), **Comparison of the Effects of Yoga, Zumba and Aerobics in Controlling Blood Pressure in the Indian Population,** *Journal of Family Medicine and Primary Care*, Vol. 9, No. 2, pp- 547-551.
[3] Sharma, R., Suri, M., and Saini, N., (2017), **Physiological Responses of Zumba: An Overview Understanding the Popular Fitness Trend**, *Indian Journal of Physical Education, Sports and Applied Sciences*, Vol. 7, No. 4, pp- 23-31.
[4] Klimczuk, A., (2016), **Adulthood,** *The SAGE Encyclopedia of Theory in Psychology, SAGE Publications, Thousands Oaks*, pp- 15-18.
[5] Kumar, R., (2017), **The Benefits of Physical Activity and Exercise For Health,** *Research Review International Journal of Multidisciplinary*, Vol. 2, No. 2, pp- 1-3.