

FITNESS | TALK

■ Docs say walking or gymming for 30 min a day is not enough to burn calories

44% of men, 38% women physically inactive

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A health survey by the *HealthifyMe* app, found that 38 per cent of women and 44 per cent of men in India are physically inactive. Doctors say that many people think that walking or hitting the gym for 30 minutes is enough to burn the calories and they can spend the rest of the day lying down or watching television.

The fact is that a minimum of 40 minutes of walking five days in a week is essential. Those who spend most of the time indoors have a tendency to put on weight compared to those who spend most of their time outdoors.

Dr K.J. Reddy, senior consultant orthopaedic surgeon at the Apollo Hospitals, says that in addition to our day to day activities we should go for a walk or run.

"Minimum activity is 40 minutes walking five days a week in addition to day to day activity. Day to day activities such as watching TV or cutting vegetables can be done standing up instead of sitting," he said.

Basal metabolic rate is



WHAT THE SURVEY SAYS

- Bengaluru, Gurugram and Noida people are most fitness conscious.
- Tier 1 cities continue to be more active than Tier 2 cities, burning 407 calories in a day against 371 in Tier 2.
- Sunday is the least active day for Indians.
- Hyderabad stands in seventh position in fitness.

- Only 34 per cent men are 'active', burning more than 80 per cent of their calorie burn budget while 22 per cent are 'mildly active', burning between 50 per cent to 80 per cent of their calorie burn budget.
- When it comes to women, only 24 per cent are 'active' and 22 per cent 'mildly active'.
- A minimum of 40 minutes of walking five days in a week is essential.

the amount of energy per unit time that a person needs to keep the body functioning at rest. Some of those body functioning processes are breathing, blood circulation, thinking, bathing, heartbeat and others.

Some people without much activity expend a lot of calories. It all depends on basal metabolic rate and the amount of food intake. As a thumb rule, for an ideal/average weight person, if we take

500 calories for a day we have to spend the same amount in the same time. A person with the ideal weight should spend same amount of energy intake. An underweight person can expend less energy compared to the amount of intake. Nowadays, most food products state the amount of caloric value and we can calculate and plan our activities according to the same, Dr Reddy said.

People complain that

though they don't eat much their weight is the same. That's because probably they have reduced the amount of daily activities. Without spending our energy we cannot expect to reduce our body weight, the doctor added.

Orthopaedic surgeon Dr P. Sharath Kumar says in cities the level of physical activity has come down. "In all professions the amount of time you spend sitting has increased. Even if people want to go

South Indians burn more calories: Study

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According to the survey, South India marginally trumps the North with a six per cent higher average calorie burn per day. South Indians burn 408 calories on an average daily and North Indians burn around 382 calories daily. South Indians take more than 4,300 steps on an average day, which is slightly higher than the 4,200 taken by North Indians on an average.

We used to say that rice eaters don't put on weight but majority of rice is converted into fat by insulin in our body. Dr K.J. Reddy of the Apollo Hospitals says, "In North India they put on weight though they

don't eat rice because they eat food with high calorific value. Though it's a healthy diet it has more oil and high calorific value. They eat more of fat and protein. Weather also plays a role in spending our energy. In North India places are too hot or too cold. If the weather is too cold the activity is very limited and in turn energy expenditure is less as they stay indoors. In South India weather permits round-the-year travel."

"Those who spend most time indoors have the tendency to put on weight and those who spend most of their time outdoors have less of a tendency to put on weight," Mr Reddy said.

for a walk, they don't do it due to lack of facilities or fear of pollution. Overall, this increases chronic diseases such as overweight, obesity, blood pressure,

cardiac problems, bone weakness and others related to lack of fitness. It is extremely important for individuals to change their lifestyle."