



How Fit You Are at The Age of 35 ; An Evaluation of Functional Capacity

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We all are age in different ways, we all begin to age from the first day of conception. Chronological age represents the passage of time. It is marked by our birthday each year and is relatively easy to determine. Functional age represents the capacity of the body to perform certain specific task and is usually evaluated in a variety of ways, such as test of vision and hearing, physiological functioning during exercise, psychomotor ability and health status. In general sense, there is a rather close relationship between chronological and functional age, for example, in terms of overall metabolism our first twenty years of life are characterized by a dominance of anabolic process in which the skeleton, muscles, brain and other body systems grow and develop. This anabolic phase is usually completed in the late teens or early twenties, the time of life when we are normally at our peak functional age in relationship to physical performance characteristics such as strength, power and endurance. Following this anabolic phase of metabolism, where in the body system are maintained at an optimal functioning level and then begin to deteriorate (catabolized) as the body get older, many of these catabolic changes are used as determinants of functional age is characterized by poor health status and physiological performance.

Chronological aging is a natural process but functional aging process can be maintained through the daily exercise. There is a close relationship between Chronological and functional ages, there may be marked differences between the two, an Individual may have a younger or older functional age compared to his chronological age. Recent studies from Scandinavia and from the Natinoal Institute of Aging revealed that highly physically active individuals in their fifties and sixties had exercise capacities and body fat levels comparable to healthy twenty five year olds. Conversely, some individuals in their twenties may have the health status of someone their forties or fifties.

William P. Morgan, noted that exercise and physical fitness are associated positively with mental health

and well being reduction of stress emotions and decreased levels of mild to moderate depression and anxiety. According to Stephard, exercise maintains physical working capacity during the aging, he also concluded that at the age of 80 years. The persons who exercises 60 min., 30 min. and sedentary persons, working capacity derrises 30%, 50% and 60% respectively.

For knowing the functional capacity of 35 years old exercised and sedentary persons researcher had undertaken a study "How Fit you are at the age of 35, An evaluation of functional capacity". Researcher thinks that many people are having a good physical appearance but what about their functional capacity? Actually age of 30-35 years is very much important in life of every person, but due to lacking in functional efficiency, they are facing many problems in their early life and daily task.

Methodology

To find out the functional capacity of exercised and sedentary persons researcher had conducted a test named as Easy Self Test, How fit are You? There were four components in this test 1) flexibility 2) Balance 3) Lung Capacity 4) Heart Capacity. This test is adopted from the reader's digest for a evaluation of functional age following criteria were adopted by the researcher.

For this study researcher had taken only male candidates the age group was 30-35 years, in this study only 50 non exercised and 50 persons who were exercised from last minimum one year were selected as a samples. For knowing the functional capacity only four components were evaluated 1) trunk flexibility 2) balance 3) Heart efficiency 4) Lung efficiency, all these component were evaluated by only on the basis of easy self test. How fit are you and which is given in the reader digest. Data were collected from Amravati City (Maharashtra State).

Statistical Analysis

After conducting the test on 50 exercised and 50 non exercised persons statistical analysis is given in the following table.

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Easy Self Test - How fit are You

Above table indicate that flexibility of exercised persons were very high than of the non-exercised persons. Only 6% exercised persons functional capacity in flexibility is more than 40 yrs old functional capacity in flexibility. Where as non-exercised persons having 62%. Balancing ability in the exercised and non-exercised persons 62% exercised persons were having balancing ability is equivalent to 20 to 30 years old aged person, whereas only 30% non exercised persons were having that much of balancing ability. Heart functional efficiency is very low in non-exercised persons, only 4% were having functional efficiency which is 20 to 30 years of age group, where as 48% exercised persons having that much of capacity which is equivalent to 20-30 yrs, old persons. Table also shows that lung capacity is also very low in non exercised persons 100% persons where having more than 30-60 yrs age group.

Conclusion

No doubt we all age chronologically at the same rate our life styles dictate the rate at which we are functionally aged. It is your functional age that may have significant implications for our health but we still cannot escape some of the gradual changes associated with chronological aging. Such as drying hair or lessened visual acuity. Exercise is the one of the best way for delaying functional aging.

Easy Self Test – How fit are You

Functional Age	Flexibility (How old your spine and ligament are)	Heart Capacity (Beat/Min)	Sense of Balance (Close eyes and Balance on one leg) (Tadasan)	Lung capacity (Blow out candle and Judge) the flame distort at distances
20 yrs	If subject could touch his hand palms to the ground in standing position	60 beat/min	Over 51 seconds	1.5 meters
30 yrs	If subject can touch the floor with his fig tips.	65 beats/min	41 to 50 sec.	1.25 meters
40 yrs	If fingers get in 10 cm.	70 beats/ min	31 to 40 sec	1 meters
50 yrs	The gap within fingers and grow 20 cm or more	75 beats/min	25 to 30 sec.	0.75 meter
60 yrs		80 beats/min	less than 25 sec.	less than 0.75 meter

S.N.	Functional Capacity equalat to age	Flexibility		Balance		Heart Efficiency		Lung Efficiency	
		E	NE	E	NE	E	NE	E	NE
1	20 yrs	8	1	12	7	5	0	4	0
2	30 yrs	17	6	19	8	16	2	12	0
3	40 yrs	22	13	16	30	14	11	23	2
4	50 yrs	2	19	3	2	13	27	7	33
5	60 yrs	1	11	0	3	2	10	4	15

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