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"Effect of Exercise and Fitness Activity for Women's Health in Sanawad"

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Abstract: Exercise and fitness are essential to improve women's overall well-being, prevent chronic disease, and enhance mental health. Physical activity maintains weight, strengthens the cardiovascular system, and helps in maintaining bone health, preventing osteoporosis. It also helps in regulating hormones, which relieves symptoms of menstrual irregularities and menopause.

Mental health advantages include less stress, anxiety, and depression, with exercise stimulating the release of endorphins, improving mood and cognitive function. Special fitness programs, including strength training, aerobic exercises, and flexibility exercises, address women's special physiological requirements. In addition, exercise during pregnancy can enhance maternal health and facilitate postpartum recovery.

Although there are advantages, the barriers of insufficient time, social pressures, and misinformation tend to prevent women from engaging in regular exercise. Knowledge, access, and individualized fitness plans can enable women to take control of their health by being physically active. Inducing healthy lifetime fitness practices is crucial for long-term health and disease prevention. Exercise play important role in overall health of women.

Keywords: Women's health, strength training, mental well-being, weight control, stress reduction

I. Introduction

Exercise and fitness are central to a woman's overall health, contributing significantly to physical health, mental stability, and emotional well-being. Women experience distinct physiological changes during their lifetime, such as puberty, pregnancy, postpartum recovery, and menopause, thus necessitating frequent physical activity to ensure long-term health. Physical activity prevents chronic diseases like cardiovascular diseases, osteoporosis, obesity, and diabetes and enhances muscle strength, flexibility, and endurance.

In addition to physical advantages, exercise significantly contributes to mental health, lowering stress, anxiety, and depression. Exercise stimulates regular release of endorphins, the natural mood elevators in the body, leading to relaxation and emotional stability. Yoga, strength training, aerobic exercise, and flexibility exercises meet women's varied fitness demands.

Though it has many advantages, many women struggle to keep a regular fitness regimen because of time, societal expectations, or limited access to resources. Raising awareness, offering fitness activities, and supporting an active lifestyle can empower women to put their health first, guaranteeing longevity and an improved quality of life.

Importance of Exercise and Fitness for Women

Exercise and fitness are important components of healthy living, especially for women who undergo different physiological and hormonal alterations throughout their lifetimes. Physical exercise is not just essential for keeping one's weight healthy but also helps prevent chronic diseases, enhances mental health, and promotes overall well-being. Women have specific health issues, including osteoporosis, cardiovascular diseases, hormonal disorders, and reproductive problems, which can be controlled well with regular exercise. Physical fitness is critical to the upkeep of overall body strength, endurance, and flexibility. It enhances cardiovascular health, maintains bone density, controls metabolism, and increases muscular strength. Exercise also has a significant function in mental health by lowering stress, anxiety, and depression while increasing self-confidence and emotional stability. Women who exercise regularly have enhanced energy levels, improved sleep patterns, and increased immune function, all of which lead to an increased quality of life.

Even with the many advantages, several women are hindered from adopting a consistent fitness program. The hindrances to their adoption of a fitness program include insufficient time, social and cultural barriers, limited access to fitness centers, and insufficient motivation. Overcoming these obstacles by means of awareness, accessibility, and individualized fitness programs can assist women in incorporating exercise into their lifestyle, with long-term health advantages.

Physical Health Benefits of Exercise for Women

Physical health in women is greatly influenced by exercise, both in preventing and treating chronic illnesses. Among some of the greatest benefits are:

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Cardiovascular Health

Heart disease is a major killer of women, and exercise is one of the best methods of preventing cardiovascular diseases. Aerobic exercises like running, cycling, swimming, and brisk walking enhance heart function, lower blood pressure, and decrease cholesterol levels. Strength training also contributes by enhancing circulation and lowering the risk of heart problems.

Bone Health and Osteoporosis Prevention

Women are also more susceptible to osteoporosis because of changes in hormones, especially after menopause, causing lower bone density. Weight-bearing activities such as strength training, hiking, jogging, and yoga keep bones strong and fracture-free. Exercise maintains bone health in the long run by stimulating bone growth and decreasing the risk of osteoporosis.

Weight Management and Metabolic Health

Weight and obesity are increasingly becoming major concerns among women. Exercise maintains a healthy weight by eliminating calories, boosting metabolism, and developing lean muscle mass. A mix of strength training, aerobic exercises, and high-intensity interval training (HIIT) is useful for weight loss and fat reduction.

Regular exercise also helps in preventing metabolic disorders such as diabetes. Physical activity enhances insulin sensitivity, reducing the risk of type 2 diabetes and promoting overall metabolic health.

Hormonal Balance and Reproductive Health

Exercise is important in the regulation of hormones, which is helpful in managing menstrual cycles, alleviating symptoms of polycystic ovary syndrome (PCOS), and reducing menopause symptoms. Mild exercise can reduce menstrual cramps, enhance fertility, and enhance hormonal balance across various stages in life.

Mental Health and Emotional Well-being

Aside from physical advantages, exercise is an effective means of enhancing mental and emotional well-being. Women tend to have more stress because of the various responsibilities they have, such as work, family, and social life. Physical activity can reduce stress and improve emotional well-being.

Stress Reduction and Mood Enhancement

Exercise reduces cortisol, the stress hormone, and stimulates the creation of endorphins, serotonin, and dopamine, which all promote happiness and relaxation. Other exercises such as yoga, Pilates, and meditation exercises reinforce stress reduction and emotional equilibrium.

Management of Anxiety and Depression

Women are more prone to depression and anxiety than men. Physical exercise is a natural antidepressant, as it enhances brain function and induces relaxation. Research has demonstrated that even mild exercise, like walking or dancing, can help alleviate symptoms of depression and anxiety.

Better Sleep Quality

Sleep disturbances are frequent in women, particularly with changes in hormones related to menstruation, pregnancy, and menopause. Consistent exercise improves the sleep patterns of individuals by decreasing stress and anxiety, causing individuals to feel better rested.

Exercise and Fitness for Various Stages of Life

Women's fitness requirements differ at various life stages. It is possible to achieve maximum health benefits by recognizing and responding to each stage of life through appropriate exercise interventions.

Adolescence and Early Adulthood

In adolescence and early adulthood, physical activity is essential to develop healthy bone densities, enhance cardiovascular fitness, and instill lifelong patterns of physical activity. Participation in sports, resistance training, and flexibility exercises enables young women to create a foundation for a lifetime of fitness.

Pregnancy and Postpartum Fitness

Pregnancy is accompanied by profound physical alterations, and regular exercise enables women to control weight gain, minimize pregnancy discomfort, and prepare the body for labor. Prenatal activities like walking, swimming, and prenatal yoga enhance circulation, build muscles, and decrease the risk of gestational diabetes.

Postpartum exercise supports healing, tones abdominal muscles, and assists in coping with postnatal depression. New mothers can start with light exercise and gradually build up to higher-intensity exercise as their bodies recover.

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Menopause and Aging

With aging, women lose muscle mass and bone density naturally. Strength training, swimming, and low-impact activities like Tai Chi and Pilates keep them mobile, prevent osteoporosis, and minimize the risk of falls. Physical activity also maintains mental acuity and cognitive function, minimizing the risk of dementia and other age-related illnesses.

Overcoming Barriers to Exercise

Though well-documented is the positive effect of exercise on overall health, most women struggle with barriers preventing them from pursuing a regular workout routine. Conquering such barriers is vital to motivating women to adopt a physically active lifestyle.

Lack of Time

Women usually lead hectic lifestyles, juggling family, work, and personal activities. Getting exercise time might prove difficult, but short high-intensity workouts or exercising at home can increase convenience.

Societal and Cultural Constraints

For women, public access to exercise centers or fitness social stigmas can also serve as deterrents. Fostering women's gyms, home exercises, and home workouts through online subscriptions helps bypass such constraints.

Motivation and Support

Several women are lack of motivation when they are alone at the time of exercising. Fitness group classes, workout buddies, or internet workout groups offer accountability and encouragement.

Lack of Knowledge

Women do not know which exercises are ideal for them. They can obtain advice from fitness instructors, physicians, or digital fitness websites and create customized fitness programs.

Encouraging an Active Lifestyle for Women

It takes education, accessibility, and encouragement to get women on a fitness-oriented lifestyle. The following are some of the strategies that are necessary:

-*Raising Awareness:* Disseminating information regarding the advantages of exercise among healthcare providers, media, and community programs.

- *Providing Access to Fitness Facilities*: Providing women-friendly and affordable fitness centers, workplace wellness programs, and home-based workout resources.

- *Encouraging Social Support:* Encouraging family participation and social networks that support women's fitness.

- *Designing Personalized Fitness Programs:* Individualizing fitness programs to suit the needs, interests, and life phases.

Women Fitness Influencers in India

The celebrities and institutions focus on the importance of incorporating exercise into everyday activities, promoting a healthy lifestyle to maximize overall health. Some of the well-known fitness personalities and centers in India are mentioned below:

Yasmin Karachiwala: A well-known fitness trainer credited with making Pilates popular in India, who trains celebrities like Deepika Padukone and Alia Bhatt.

She is a celebrity fitness trainer, stresses that "fitness is not a destination but a way of life" that is attained through dedication and consistency. Her suggestion to women is to focus on being strong and fit rather than just thin, pointing to the significance of energy and functionality on a daily basis.

Namrata Purohit: Became the youngest Stott Pilates certified trainer at 16 and co-founded The Pilates Studio, training many Bollywood celebrities.

A well-known Pilates trainer, stresses the importance of self-love and achievable fitness goals for women. She feels that exercise must be self-care and not just a weight-reduction activity, as concentrating on one's health can make all aspects of life better. Purohit warns against idolizing particular body types, urging women to love their individual physiques and work towards being the best they can be. She emphasizes the need to understand and respect one's body, and that an awareness of its capabilities can bring about comfort and confidence

Moreover, Purohit finds a change of heart among her clients, noting that most of them now aspire to be stronger and push themselves beyond the aspect of looking good. This approach to fitness in its entirety speaks to a deeper appreciation of health, including strength, balance, and stability.

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Sonali Swami: A bodybuilding champion and fitness model, she moved from Zumba to weightlifting, taking home awards such as Fit Factor India.

She is a successful fitness model and bodybuilding champion, dispels common myths among women about weightlifting. She notices that most women are afraid of bulking up and appearing masculine, so they shy away from strength training. Swami stresses, however, that these fears are misplaced; rather, weightlifting tones the body, increases confidence, and improves overall health.

Deanne Panday: A fitness trainer and life coach, she offers great tips on exercising and healthy living, writing books on fitness and equilibrium.

A well-known fitness professional, insists that fitness goes beyond physical looks, with a concentration on energy and quality of life. She declares, "Fitness is not just about looking good; it's about being energetic and having a high quality of life." Panday insists on a healthy attitude, recommending against negative attitudes towards oneself, and urges women to love their bodies, insisting that a healthy mind is the key to realizing fitness objectives.

Sucheta Pal: A former engineer who became a fitness expert, she is the Zumba ambassador for India and has been awarded for her work towards women's wellness.

A renowned fitness expert, emphasizes that fitness is essential for women of all ages, focusing on functional abilities. She distinguishes between health—being free from diseases—and fitness, which she defines as the capacity to perform daily tasks without discomfort. Pal advocates for early engagement in fitness routines, suggesting that training should commence as early as ages 13 or 14, with gym activities starting by 16. She advises women to avoid comparing themselves to others, especially images that may be unrealistic, and to focus on personal health and functional fitness goals

Anupama Jain: Ranked as one of the top Indian women bloggers, she has won several awards for her creative writing and work on women's platforms.

A Holistic Health Coach and Clinical Dietitian, stresses that the key to a healthy body is a happy mind, which she finds more priceless than any luxurious gift in modern life. She promotes a holistic path to well-being through wholesome food, positive lifestyle habits, and emotional equilibrium to attain balance in every aspect of life

Tanya Dhar: On her platform Urban Diaries, she focuses on fitness and wellness, posting personal habits and motivational material.

She is the Urban Diaries voice, stresses the need for a balanced diet and exercise for women's fitness. She believes in consuming the healthiest food from every category, opting for fresh fruits and vegetables and home-cooked food instead of processed foods. Dhar follows a 45-minute to an hour daily workout routine, including cardio, weight training, Pilates, and stretching exercises, which she feels improve mood and overall well-being.

II. Litrtature Review

Albright and Thompson (2006) conducted a review of the effect of walking for the prevention of cardiovascular disease in women. Their paper supported advantages like enhanced cardiovascular health, decreased obesity, decreased blood pressure, and good cholesterol levels. Walking as an easily accessible form of exercise has significant lowering effects on cardiovascular risks, thus becoming an essential part of interventions in women's health.

Hayes and Kriska (2008) discussed the role of physical activity in the prevention and management of diabetes. They noted that consistent exercise enhances insulin sensitivity, maintains blood glucose levels, and prevents type 2 diabetes. Their research underscored the significance of lifestyle interventions, such as aerobic training and resistance, in sustaining long-term metabolic health in women.

Odukoya et al. (2023) discussed barriers and facilitators of physical activity among Lagos, Nigeria, church members. They noted that time limitation, cultural beliefs, and limited access to fitness centers were prominent barriers. Social support, religious motivation, and health consciousness, on the other hand, were identified as primary facilitators. The study underscored the importance of focused community intervention and church wellness programs in promoting physical activity. Their report highlights the contribution of social and environmental factors to the formation of exercise behaviors.

Rosenbaum, Remmert, Forman, and Butryn(2018) examined behavioral weight loss with the focus on self-monitoring, nutrition literacy, and technology-driven interventions. From their research emerges how low nutrition literacy influences outcomes in weight loss and how AI-coaching within behavioral programs might be harnessed. Recommendations indicate increasing self-monitoring as well as merging personalized technology, particularly to treat diverse groups presenting with obesity disorders.

Schroetter and Peck (2008) discussed women's risk of heart disease, where awareness and prevention through primary care interventions are necessary. They demonstrated that women underestimation of cardiovascular risk can result in a delay in preventive interventions. They stressed the provision of education from healthcare providers about heart disease symptomatology, lifestyle changes, and the benefits of exercise. The authors conclude that greater awareness and active healthcare methods can substantially diminish cardiovascular disease rates among women.

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Ylinen et al. (2003) carried out a study to assess the efficacy of therapeutic exercises on neck pain and mobility. Their randomized controlled trial compared the effects of stretching and strengthening exercises in patients with chronic neck pain. The results showed that both exercise programs resulted in significant improvements in pain relief and neck mobility. Strengthening exercises, however, had a slightly higher effect in improving muscle strength and endurance. The research highlights the significance of including focused exercises in the treatment of chronic neck pain.

Schmitz et al. (2003) explored the impact of resistance training on visceral adipose tissue (VAT) in obese individuals. Their randomized controlled trial showed that a 16-week resistance training program decreased VAT substantially compared to a non-exercising control group. These results demonstrate the effectiveness of resistance training in addressing abdominal fat, implicating its therapeutic role in managing obesity and reducing obesity-associated health hazards.

Sinaki, Wahner, and Bergstralh (1996) conducted a study on the effect of exercise on bone mineral density in women. The study proved that constant exercise, especially weight-bearing activity, greatly improves bone density, thus lowering the rate of osteoporosis. These results highlight the significance of introducing exercise into the health programs of women to ensure bone well-being and avoid bone disorders.

Ylinen et al. (2003) compared the effectiveness of therapeutic exercises in chronic neck pain. In their research, both stretching and strengthening exercises resulted in significant pain relief and neck mobility. Greater improvement was experienced by strengthening exercises in improving muscle endurance. The study emphasizes the value of a systematic exercise program in the treatment of chronic neck disorders, postulating that focused muscle training improves functional outcomes and diminishes pain in patients with chronic neck pain.

Li et al. (2014) explored the influence of acute aerobic exercise on executive function among older adults. The researchers' study confirmed that one session of moderate-intensity aerobic exercise produced notable cognitive benefits, with an emphasis on performance in executive-control-demanding tasks. This discovery implies that aerobic exercise is an easily implemented intervention that could promote cognitive improvement among older people and indicates that aerobic exercise might be an intervention capable of combating age-related cognitive deterioration.

Exercise is essential for women's health, offering benefits such as cardiovascular health, improved mood, improved bone strength, and reduced risk of chronic diseases. In Sanawad, while specialized fitness programs exclusively for women might not be easily available, you have several methods and resources you can consider to develop an effective exercise program.

Objectives

1. To analysis the effect of factors of exercise and fitness activity (Exercise Habits, Reasons for Exercising, Barriers to Fitness, Exercise Preferences and Environment, Perceived Benefits of Exercise) of women’s health in Sanawad.

2. To give the suggestions and recommendations for exercise and fitness activity for women’s health in Sanawad.

III. Methods

Sample and Data Collection

The current research will be conducted on the grounds of research methodology, which is both Explorative and Descriptive in character. Primary data will be obtained through survey technique, where there is a prior set questionnaire devised on the basis of females behavior influencing factors and their exercising behavior.

Through this method, you will be able to plan and execute effective exercise and fitness activities that are responsive to the specific health needs of women in Sanawad, improving overall wellbeing and a healthier population.

Data Analysis

For analysis " one sample t -test has been employed .based on percentage data Bar chart are plotted for every factor. As per data get the value of t-test then compared by tabular value after all conclusion is drawn.

Geographical Area Coverage

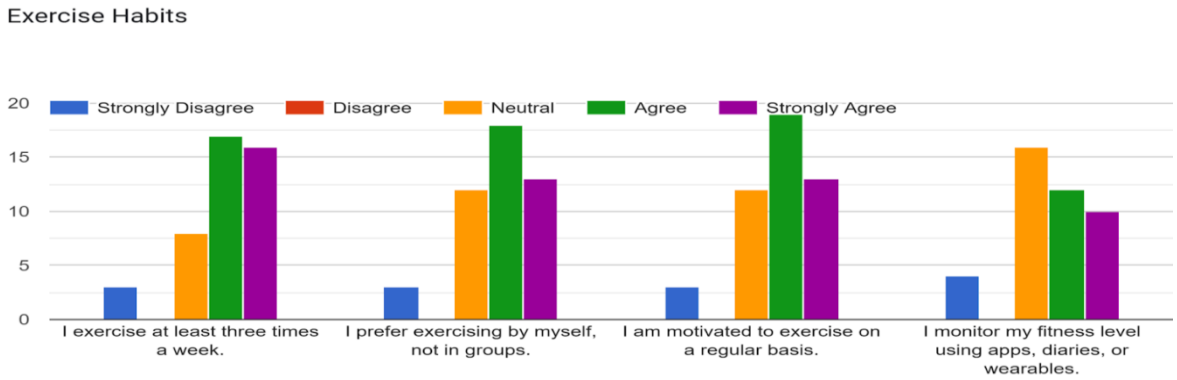
50 questionnaires were received within a month of March 2025 as the questionnaires had been pre-prepared for women’s health and fitness. The questionnaire consists of twenty questions. And data are gathered by questionnaires (Google forms).

Sanawad town, M.P., Khargone district, is where it was bought. Volunteers belonging to different age groups were chosen, hence the sample wasn't limited to a single age group. Volunteers belonged to dissimilar education levels and socioeconomic backgrounds.

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IV. Results:

Exercise Habits



One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
VEH	50	14.4600	3.64893	.51604

One-Sample Test						
	Test Value = 0					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
VEH	28.021	49	.000	14.46000	13.4230	15.4970

Exercise Habits

Null Hypothesis (H_0): $\mu = 0$** (There is no significant difference of exercise habit factor on women's health in Sanawad)

Alternative Hypothesis (H_1): $\mu \neq 0$** (There is a significant difference of exercise habit factor on women's health in Sanawad)

Level of Significance (α)=5%

Here

Sample mean = 14.4600

Population/test value = 0

Sample standard deviation = 3.64893

Standard error = 0.51604

Sample Size (n) = 50

Degrees of Freedom (df) = 49

Significance Level (α) = 0.05

T-critical (two-tailed) = ±2.009

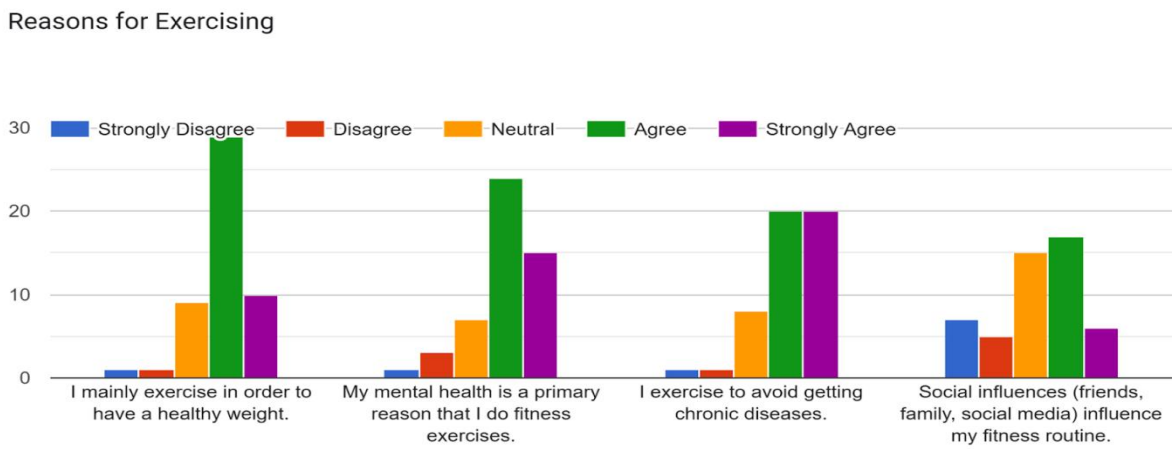
T-calculated = 28.021

Conclusion

The sample at 5% level of significance ($\alpha = 0.05$) has enough evidence to suggest that exercise routines (VEH) among women of Sanawad significantly differ from zero. This means that there is a significant existence of exercise and fitness behavior influencing the health of women.

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Reasons for Exercising



One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
VRFE	50	15.2400	2.64621	.37423

One-Sample Test						
	Test Value = 0					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
VRFE	40.723	49	.000	15.24000	14.4880	15.9920

Reasons for Exercising

Null Hypothesis (H_0): $\mu = 0$** (There is no significant difference in reasons for exercing factor on women's health in Sanawad)

Alternative Hypothesis (H_1): $\mu \neq 0$** (There is a significant difference difference in reasons for exercing factor on women's health in Sanawad)

Level of Significance (α)=5%

Here

Sample mean = 15.2400

Population/test value = 0

Sample standard deviation = 2.64621

Standard error = .37423

Sample Size (n) = 50

Degrees of Freedom (df) = 49

Significance Level (α) = 0.05

T-critical (two-tailed) = ±2.009

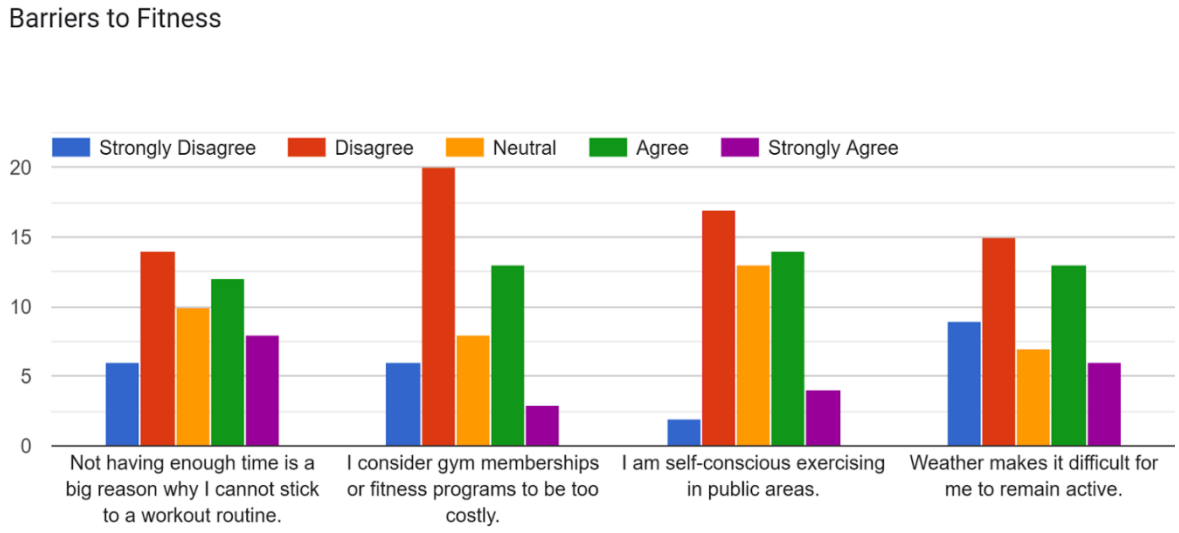
T-calculated = 40.723

Conclusion

The outcome of the one-sample t-test is a t-value of 40.723 with 49 degrees of freedom and a p-value of .000, which is significantly less than the common significance value of 0.05. The critical t-value when α = 0.05 (two-tailed) is ±2.009.Because the calculated t-value of 40.723 is significantly larger than the critical value of 2.009, reject the null hypothesis.

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Barriers to Fitness



One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
VBTF	50	11.6400	3.50952	.49632

One-Sample Test						
	Test Value = 0					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
VBTF	23.453	49	.000	11.64000	10.6426	12.6374

Null Hypothesis (H_0): $\mu = 0$** (There is no significant difference in barriers to fitness factor on women's health in Sanawad)

Alternative Hypothesis (H_1): $\mu \neq 0$** (There is a significant difference effect in barriers to fitness factor on women's health in Sanawad)

Here

Sample mean = 11.6400

Population/test value = 0

Sample standard deviation = 3.50952

Standard error = .49632

Sample Size (n) = 50

Degrees of Freedom (df) = 49

Significance Level (α) = 0.05

T-critical (two-tailed) = ±2.009

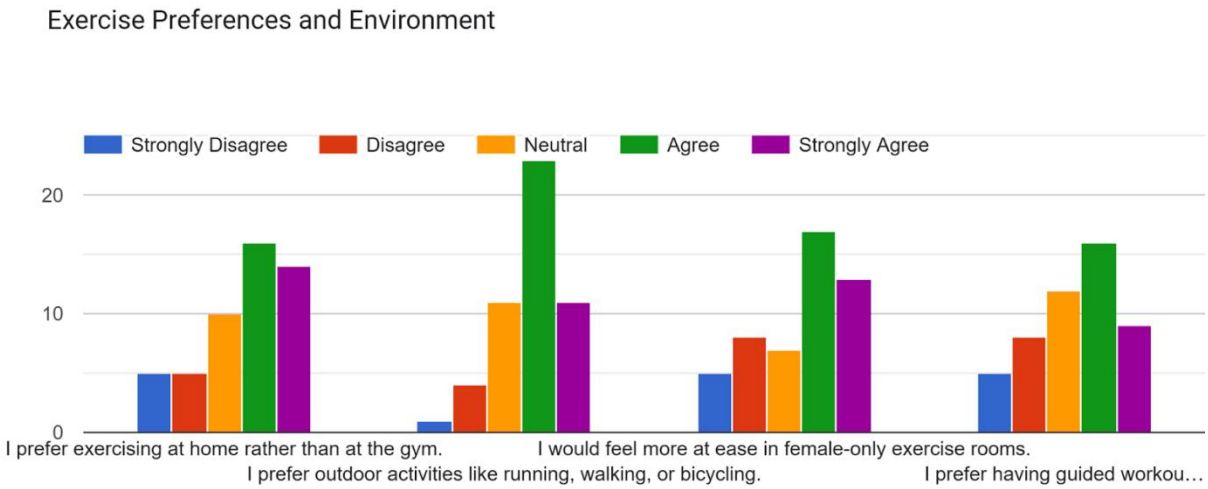
T-calculated = 23.453

Conclusion

Null hypothesis is rejected because sample mean of VBTF = 11.64 is significantly different from 0.Because 23.453 > 2.009, the calculated t-value much larger than the critical value, and the p-value is .000 < 0.05.

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Exercise Preferences and Environment



One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
VEPAE	50	14.1800	3.39682	.48038

One-Sample Test						
	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
VEPAE	29.518	49	.000	14.18000	13.2146	15.1454

Null Hypothesis (H_0): $\mu = 0$** (There is no significant difference in exercing preferences and environment factor on women's health in Sanawad)

Alternative Hypothesis (H_1): $\mu \neq 0$** (There is a significant difference exercing preferences and environment factor on women's health in Sanawad)

Here

Sample mean = 14.1800

Population/test value = 0

Sample standard deviation = 3.39682

Standard error = .48038

Sample Size (n) = 50

Degrees of Freedom (df) = 49

Significance Level (α) = 0.05

T-critical (two-tailed) = ±2.009

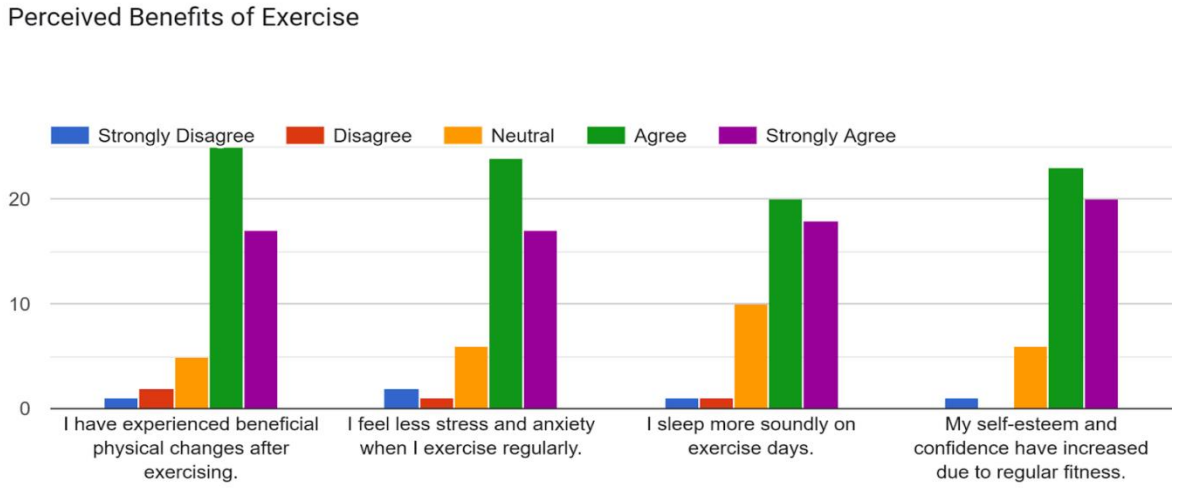
T-calculated = 29.518

Conclusion

VEPAE sample mean of 14.18 is statistically different from 0. The critical t-value when $\alpha = 0.05$ (two-tailed) is ±2.009. Because the calculated t-value is 29.518 is significantly larger than the critical value of 2.009, reject the null hypothesis.

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Perceived Benefits of Exercise



One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
VPB	50	16.4400	3.10470	.43907

One-Sample Test						
	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
VPB	37.443	49	.000	16.44000	15.5577	17.3223

Null Hypothesis (H_0): $\mu = 0$** (There is no significant difference in perceived benefits of exercing factor on women's health in Sanawad)

Alternative Hypothesis (H_1): $\mu \neq 0$** (There is a significant effect in perceived benefits of exercing factor on women's health in Sanawad)

Here

Sample mean = 16.4400

Population/test value = 0

Sample standard deviation = 3.10470

Standard error = .43907

Sample Size (n) = 50

Degrees of Freedom (df) = 49

Significance Level (α) = 0.05

T-critical (two-tailed) = ±2.009

T-calculated = 37.443

Conclusion

According to one-sample t-test output, the mean value of VPB (Mean = 16.44, n = 50) is significantly different from 0, with a t (49) = 37.443 and a p-value < .001. The 95% confidence interval for the mean difference is from 15.56 to 17.32, not including 0, which indicates statistical significance. We cannot accept the null hypothesis.

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V. Discussion

The research on the *"Effect of Exercise and Fitness Activity for Women's Health in Sanawad"* identifies the important part played by physical exercise in enhancing physical and mental health among women. Evidence indicates that frequent participation in fitness activities like walking, yoga, aerobics, and gym exercises leads to better cardiovascular health, weight control, and improved energy levels. Moreover, most women also reported improved mood, decreased stress, and quality sleep, showing a positive effect on mental well-being.

The awareness of fitness and health has improved in Sanawad, but people join less because of social restrictions, lack of time, household chores, and fewer fitness centers. Even among these limitations, women who joined regular physical activity showed significant health improvements compared to sedentary women.

The research further noted that the social support, public area availability with safety, and health education significantly contribute to the encouragement of healthy practices. These points highlight the necessity for more localized campaigns and accessible female-specific fitness programs in small-town areas such as Sanawad. Encouraging inclusive fitness programs can widely improve women's health status and empower them toward improved quality of life.

Suggestions and Implications

In light of the research conclusions *"Effect of Exercise and Fitness Activity for Women's Health in Sanawad"*, some significant recommendations and implications arise. First and foremost, there is a necessity to promote awareness among women regarding the long-term advantages of regular exercise on their overall health. It should be organized by local health authorities, NGOs, and local groups in the form of workshops, fitness camps, and awareness drives regarding wellness among women. Schools and colleges may also include fitness education to motivate young women to develop healthy habits early on.

Having women-friendly gyms and designing secure public places such as parks and walking paths would significantly enhance enrollment. Providing group fitness classes such as yoga sessions, aerobics, and Zumba can provide encouragement and a sense of camaraderie. Childcare facilities and flexible hours at gyms could possibly overcome time barriers for homemakers and working women.

Politically, local authorities need to give high priority to health infrastructure and subsidize programs enhancing physical activity for women. These interventions can result in a major decrease in lifestyle-related diseases, better mental health, and improved overall well-being. Educating and empowering women through health education and available fitness resources will not only serve individuals but also benefit family and community health outcomes in Sanawad.

VI. Conclusion

Physical exercise and exercises are central to enhancing women's health in Sanawad, with the advantages going beyond physical health. Physical exercise makes the heart, muscles, and bones stronger, and reduces the risk of long-term diseases like diabetes, obesity, and high blood pressure. Women at various stages of their lives—adolescence, pregnancy, postpartum, and menopause—can greatly benefit from specially designed workout programs that address their specific health requirements.

Mental well-being is also important because exercise combats stress, depression, and anxiety. Yoga, aerobic exercises, and meditation improve mood, emotional stability, and confidence. With physical exercise activities, women in Sanawad can improve their quality of life and overall well-being.

Community-based exercise programs and education campaigns need to be implemented to persuade more women to exercise. Having accessible and safe fitness facilities, like women's-only gyms or outdoor recreation clubs, may be able to offer a comfortable setting for women to exercise without fear. Furthermore, adding internet-based exercise programs can provide access to those who do not have direct access to the fitness center.

Educational sessions of the importance of exercise and dietary balance should be encouraged to ensure that women get to know the ways of maintaining a healthy lifestyle. Physical instructors, health practitioners, and municipal government offices could collaborate in making programs for Sanawad's women.

In brief, giving exercise and fitness a priority among women in Sanawad will go a long way in making society healthier and more active. With greater awareness, affordable fitness, and conducive environments, women can be healthier, avoid health hazards, and lead better lives. Investing in women's fitness today will make tomorrow a healthier, stronger generation.

Declarations

Regarding the information in this publication, each author certifies that there are no financial or other conflicts of interest.

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Questionnaries

This survey is solely to help me with my research. Your sincere opinion and impartial judgment can help me with my research finding. It will only take 10 minutes for you to fill out this survey.

General Information

1. Name:
2. Email Address:
3. Phone Number:

Please write (Scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree) in front of the questions

Exercise Habits

1. I exercise at least three times a week.

2. I prefer exercising by myself, not in groups.

3. I am motivated to exercise on a regular basis.

4. I monitor my fitness level using apps, diaries, or wearables.

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Reasons for Exercising

5. I mainly exercise in order to have a healthy weight.

6. My mental health is a primary reason that I do fitness exercises.

7. I exercise to avoid getting chronic diseases.

8. Social influences (friends, family, social media) influence my fitness routine.

Barriers to Fitness

9. Not having enough time is a big reason why I cannot stick to a workout routine.

10. I consider gym memberships or fitness programs to be too costly.

11. I am self-conscious exercising in public areas.

12. Weather makes it difficult for me to remain active.

Exercise Preferences and Environment

13. I prefer exercising at home rather than at the gym.

14. I prefer outdoor activities like running, walking, or bicycling.

15. I would feel more at ease in female-only exercise rooms.

16. I prefer having guided workouts (internet videos, trainers, programs) over working out on my own.

Perceived Benefits of Exercise

17. I have experienced beneficial physical changes after exercising.

18. I feel less stress and anxiety when I exercise regularly.

19. I sleep more soundly on exercise days.

20. My self-esteem and confidence have increased due to regular fitness.