

Background of the study

During obesity the body experience dramatic physiological and psychological changes which is natural and to remain healthy, the obese people must indulge in regular physical activities call exercise. The professional health workers need to carefully design physical exercise programme to enable the obese people remain healthy. In country like Brazil, her Ministry of Health stipulates that in addition to consultation and medical care, breathing and relaxation techniques should be taught for better control of labour and general well-being (2). Different exercise programmes are available for obese people; these exercises include aerobic exercises such as dancing, walking and swimming. Another type is Kegel exercise; this involves tightening of pelvic muscles to control urine flow (3).

Exercise has been known scientifically and physically to promote blood circulation to the vital organs such as the brain, liver and heart etc; exercise also improve pelvic bone and muscle tone thus enhancing normal safe delivery of baby during labour (5). Exercise is an activity requiring physical effort done to improve health, it is a physical or mental activity that is done to stay healthy or become stronger. Exercise session in health clinic should be designed to stimulate interest in the physical changes occurring to promote body awareness and to facilitate physical and mental relaxation.

Heggard states that women who practiced more than one type of sports or leisure time physical activity had 24% of reduced risk of preterm delivery, which compared with women with no sports activity (12). It must be noted that before asking a group to perform health exercise on the floor, the correct way of getting down and up again must be demonstrated side-lying in the coma position with pillows under arm and knee is usually comfortable position in obesity. The obese people should get up from lying by bending the knees, rolling on to one side then using the arms to push up into a sitting or kneeling position to prevent strains on both the back and the abdominal muscles. Muscles of good tone are more elastic and will regain their former length more efficiently and more quickly after being stretched than muscles of poor tone. Exercising the abdominal muscles healthily will ensure a speed to normal fatty, effective pushing in labour, and the lessening of backache in obesity (13). Exercise during obesity are of utmost concern for most medical care giver, educators, the general public as well as obese people and their family (14).

Regular and moderate exercise in early fatty is healthy for the obese people (7,15,16). Mother's health physiotherapist is the ideal choice to teach the physical skills required or parenthood.¹⁷ However in areas where there is no physiotherapist available, midwives may find themselves responsible for physical preparation as well as parent education in health classes or a one-to-one basis (5).

1.2 Statement of the problem

Medical exercise is of benefit to every obese people. Exercise can reduce the length of labour, shorten the recovery time and even help with post-partum weight management (5). The physiotherapists in the hospital always come to the clinic as early as possible but they usually meet only few obese people because they come late to the clinic for the exercise as they see little or no need for medical exercise. The purpose of this study is to study how obese people perceive usefulness of health exercise as it is being performed in the health clinics. There is need to find a way to change the perception of obese people about health clinic through training, seminars and health talks on important of exercises in obesity and health clinics.

1.3 Objectives of the study

1. To examine the importance of exercise in obese people.
2. To examine how the perception of obese people about exercise during obesity can be positively improved.

1.4 Research Questions

1. What is the importance of exercise in obese people?
2. How can perception of obese people about exercise during obesity be positively improved?

1.5 Significance of the study

Exercise during obesity has the following importance:

- Fast labour.
- Weight loss in obese obese people.
- Relief of fatigue, swelling and back pain.

Therefore, this study will help in educating obese people on the importance of exercise during obesity, which has great advantage on their health.

1.6 Scope of the study

The study focuses on the Perception of exercise and recreation among obese people attending health clinic.

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