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Development and Impact: An Assessment of Computer Mediated, Body Weight Related Nutrition and Fitness Program

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ABSTRACT This study was conducted to develop a nutrition and fitness program and examining its efficacy in reducing weight and improving physical fitness in obese adults. The program was being four main sections, that is, personal profile, weight management, physical fitness and food exchange list. It was providing facilities of creating personal profiles, assessing daily nutrient intake and physical activities, suggesting nutritional and exercise requirements and planning individualized diet charts. Twenty-two obese subjects (BMI>25kg/m^2) were assigned to the program group (n=12) and no information control group (n=10). The program group was asked to strictly follow the program for one month. Significant reduction in the intake of calories, fat and carbohydrates was observed while intake of fruits and vegetables was increased ($p<0.05$). The program was also found to be effective in reducing body weight and body fat, whereas physical fitness improved significantly ($p<0.05$). There was no significant alteration observed in any parameters of the control group.