8. CONCLUSION

✓ We have identified that during treadmill exercise stress test, high blood pressure reactivity was seen in high visceral fat adolescents as compared to normal visceral fat adolescents, which was primarily due to their high resting blood pressure.

✓ Male adolescents were found to be more physically active than female adolescents in our study.

✓ Adolescents with normal visceral fat were able to do exercise for longer time as compared high visceral fat adolescents i.e. there were competent to cross more number of Bruce stages than high visceral fat Indian adolescents. Moreover, VO_{2max} was considerably less in high visceral fat adolescents compared to normal visceral fat adolescents.

✓ Post exercise recovery was delayed in high visceral fat adolescents compared to normal visceral fat adolescents.

✓ Visceral fat had a stronger influence on baseline cardiovascular parameters like systolic and diastolic blood pressure as well as blood pressure parameter during exercise than total body fat.

So our study warrants preventive strategy for visceral fat reduction by probably modifying their physical activity, dietary behavior and inculcating regular exercise from adolescence age itself. Further Fitness and Nutritional programs can be incorporated even in school going Indian adolescents.