9. LIMITATIONS OF THE STUDY

➢ In our study, we have estimated VO$_{2\text{max}}$ during treadmill exercise test by Bruce protocol using equation based method rather than direct estimation of VO$_{2\text{max}}$ using O$_2$ and CO$_2$ level during exercise, which is more precise. Nevertheless, estimated VO$_{2\text{max}}$ following Treadmill test is highly reliable as compare to estimated VO$_{2\text{max}}$ which uses BMI, TBF%, body age and physical activity.

➢ Further, the sample size of our study was relatively small. So, the study can be replicated with large size population.

➢ There are several measures such as CT scan, whole body MRI and DEXA which can directly and accurately measure visceral fat, but were not incorporated in the study.

➢ Nutritional aspects of the subjects were not taken into consideration in the study.

➢ It is not well known whether these results pertain to other ethnic groups. So, the study can be conducted with other ethnic groups to see whether the results are reproducible.