Present researcher is involved in social work based in a semi-urban, semi-rural setting very frequently he has to accompany patients to hospitals for treatment. Many of these patients were victims of heart attack, stroke or other cardiac problems. These patients are generally poor and from low-income group, illiterate or marginal educational background and almost no scientific knowledge about health education. Their life-style is not sedentary but are not conscious about proper nutrition, ill effect of smoking, necessity of doing physical activity. Even when they are ill, very rarely they consult physician or utilize available health service infrastructure for their recovery or rehabilitation.

During his post graduate study at Kalyani University, the present researcher was attracted very much from the content area of exercise physiology syllabus, particularly from "Health, Fitness, Well-being and Quality of life" area. This attraction to the topic made him more interested to get an insight and in depth knowledge on subject matter. The researcher then made a habits of collecting books on ‘heart and health’ and findings access to latest information on health hazards and life-style, specially for senior citizen. With this knowledge base the researcher could correlate the condition of his neighbour villager’s poor health with sedentary life-style and its consequence to cardiac health. Therefore when selection of a topic was necessary, the researcher did not hesitate to jump into the present problem. The researcher was fully aware of the unusual hazards of data collection, from the hospitals and from the members of the deceased personal family. This type of research work is not a traditional one, generally
followed by the students of physical education, but definitely a matter to be concerned by the physical education since life-style is a factor for cardiac diseases.

Prof. A. K. Banerjee, my supervisor, was a constant encouragement in this endeavour and insist on the researcher to conduct through and planned study in this area. There after the researcher with the help of this supervisor made an elaborate plan for data collection particularly for the patients admitted to the hospitals. This is back group of the present research.

The researcher will be delighted if some professional students of physical education conduct, further study in this area and in their effort, if they find the present study is of useful to them.

The research reports presented in this thesis is divided into five separate chapters. The first chapter ‘Introduction’ has covered a wide spectrum on the perspective of health well-being and quality of life. Ageing, cardiac disease and life-style is the focal thing and have been discussed in respect of life-style and cardiac ailments risk factor and cardiac diseases was a special interest. The second chapter “review of related literature” actually related studies of emient scientists and researcher have been discussed in retrospect. The third chapter “materials and methods” data collection methods, techniques and materials have been discussed. The content are of fourth chapter “results and discussion” is analysis of data and discussion on findings. The fifth and last chapter of the research study contained summary special conclusions on the basis of the findings and recommendations are presented here. Finally and elaborate list of reference ‘bibliography’
has been presented at the end which may also help interested investigators.

The present investigator will be delighted if this thesis can generate interest, motivate and inspire a researcher in investigating any branch of hitherto neglected "life-style and cardiac disease" in our country.

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