ABBREVIATIONS USED

ACSM American College of Sports Medicine
AGS Average grip strength
AHA American Heart Association
BAT Brown Adipose Tissue
BMI Body Mass Index
CDC Center for Disease Control and Prevention
DBP Diastolic Blood Pressure
FER Forced Expiratory Ratio
FEV$_{1.0}$ Forced Expiratory Volume in one second
FVC Forced Vital Capacity
GMT Grand Mean Thickness
IRA Irregular Physical Activity
MOHFW Ministry of Health and Family Welfare
MS Metabolic Syndrome
PA Physical Activity
PCR Polymerase Chain Reaction
PEFR Peak Expiratory Flow Rate
PMS Pre Metabolic Syndrome
RPA Regular Physical Activity
UCP 1 Uncoupling Protein 1
SBP Systolic Blood Pressure
WC Waist Circumference
WHR Waist Hip Ratio
WHtR Waist Height Ratio
WHO World Health Organization