INTRODUCTION
CHAPTER-I

INTRODUCTION

"Sound Mind in a sound body"1. This statement is stated by a famous English Philosopher John Lock. His aim to mention this was to show the importance of health. The people who keep themselves engage vegetative in physical activities, lead a more vigorous, a more interesting life than these who content to follow so deterge pursuits. A person will obtain maximum charms of life spending some time regularly in physical activity. The desire to do one personal best to excel, to attain the highest standards of performance, to be supreme in his chosen field is a worthy human ambition which has lead and can continue to lead to increased standards and personal growth. We want not only to live but also to have something to live for and for some people this means to pursue excellence in sports. High level of achievement and excellence in any area do not come easily. The trial is hard and steep and there are numerous obstacles to over come and barriers to push forth. Becoming a highly skilled person in any field, athletics, surgery, science, writing teaching demands commitments and sacrifice on the part of the person concerned.

Importance of physical activity in sedentary population has become well recognized and many people are modifying their life styles to include exercise sessions in their routine. Paffenberger et. al. (1988) expressed the inter-relationships among exercise, fitness, and health as follows:

ACTIVE: FIT HEALTHY LONGLIVED SECENTARY: UNFIT DISEASED SHORT LIVED

In the above series of rations words written above and below the line indicate the progression of these characterization as a cause and effect sequence leading to either desired of unfavorable results. The desired results of course point towards improved

1 Bucher C.A., “ Foundation of Physical Education”, p. 98
quality of life and longevity in terms of both individual and community healthy. Activity can develop fitness while lack of fitness can limit activity. On the other hand disease can reduce or destroy fitness and alter or deny activity. Activity leading to fitness can avoid or delay the onset of disease and disability and thus can be helpful in improving the quality of life. Records of history reveal that sedentary ness is a recent development and was not previously a characteristic of humanity. Technological progress has engineered this change which is at least partly responsible for the adverse health transformation such as the so called twentieth century epidemic of coronary heart disease. In developed countries nearly Sixty percent of the population is habitually sedentary and thus run a great risk of developing health risk that should be tackled by adopting wiser habits of adequate physical activity. Because cardiovascular disease, the first cause of premature death tends to be reduced or delayed by adequate physical activity, substitution of more activeness for sedentariness has become a major priority area in programs for promotion of good health. Not only this physical activity tends to further positive health and counter adverse life style elements that tend to promote negative health such as hypertension, osteoporosis, diabetes mellitus and syndromes of aggression and depression etc.

“Physical fitness is one’s richest possession; it can not be purchased it has to be earned through a daily routine of physical exercise.”

Physical Fitness is the capacity to do prolong hard work and recover to the same state of health in short duration to time. This is the result of the degree of strength, speed, endurance equality, power and flexibility one possesses. These elements of physical fitness are useful for different games and sports. Physical fitness depends upon several factors such as heredity, hygienic living, nutrition and body maneuver of an individual. Amongst those, body maneuver play an important role.

In the present days scenario physical fitness is in vogue, and people are becoming more and more health conscious today. It is self evident that the fit citizens are a nation’s assets and week ones its liabilities. It is therefore the responsibility of every country to promote physical fitness of its citizens because physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person’s body

2 Ibid., p. 4.
is under developed or grows soft or inactive and if he fails to develop physical process, he understands his capacity for thought and for work which are of vital importance to one's own life and society in a welfare state.

Only those person can took a routine daily at college at home or at work who have enough stamina, strength and skill to accomplish their duties without under fatigue and strain and still have a margin of safety for any emergency that arise. A Person who wants to develop these characteristics needs Physical Education activities and not watching reading and seeing it on the screen, Physical Education provides the process of teaching, learning and motivates the students to satisfy their inborn instinct of play. It exposes the total caliber of the player.

We all want to seek happiness and for this adopt variety of ways Bertrand and Russel a noted philosopher once remarked that happiness in man depends on his physiology more than he likes to think. In the west, people are in the midst of health and fitness boon which is there for the last over a decade and it is continuously growing, with million's of people changing their life styles by starting aerobic exercise program, adopting natural food habits (healthful diet), trying to attain an ideal body weight, saying good bye to habits like smoking, alcohol consumption etc. in order to look and feel better. This movement is in the positive direction because such life styles changes may provide us not only requisite health gains but also leads to prevention of certain degenerative diseases, which are inflicting the present day society. In all we can term these changes under the category of positive health life style. The origin of the positive health life style that is awareness of health and fitness pertains to persons in their thirties and forties but recent trends indicate more and more involvement of youngsters taking to the positive health life style through exercise.

Basically everybody wants to look good physically and also feel good mentally. In order to achieve this fitness, experts suggest a number of changes in the current life style that can help an individual to look better physically and to feel better mentally in the short span of time. These simple changes in the life style may not improve the quality of life in the present but it certainly enhances the life quality and life quantity in future. Fitness and wellness are the two key words of the nineties and has motivates the fitness
experts to come out with certain best selling and popular books on various aspects of fitness and wellness such as on nutrition and exercise. In addition to this daily newspapers carry special supplements covering health and fitness, and there are special T.V. channels devoted exclusively to fitness, audio video tapes by celebrities on how to become physically fit. Current emphasis on physical fitness and wellness got implanted in the western society in 1960’s and sprouted in 1970’s, in 1980’s it blossomed and at present it is in full boom This is due to the fact that there is increasing involvement of both private business corporations and government agencies in disease prevention and health promotion, a movement being sincerely pursued in the west.

Physical Education stimulates our thoughts and gives a flow to consider responsibilities of national integration. G.C. Changle\(^3\) addressed once in an inaugural function of all India sports Congress in 1964. He stated, “We lack of National Integration, but there is no better way to bring about national integration than through sports, Resolutions and speeches do not carry you very far. I get a sheaf of resolution every day telling about National Integration, but the best way of achieving National Integration is by playing games. I attach the great importance to sports as the least means of bringing about Integration of this country”.

This responsibility depends on healthy and well built young men who asset the urgent need of our nation and it could be achieved only by Physical Education.

Sports and Education have a deep relationship education need sports to fulfill its main object i.e. to develop an integrated balanced personality of the human being. In more details, for the integration and harmonious development of an individual, Physical Education activities should be included in the system of education as a main part of education of physical education to general education. Their views are positive about physical education and they support for its activities compulsory in the school and colleges. J.F. William stated, “Physical Education Should aim to provided skilled leadership adequate facilities and optimum time for affording full opportunities for the individuals and group to act in situations which are physically wholesome, mentally stimulating and satisfying and socially sound.”

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3 Changle G.C. addressed once in an inaugural function of all India sports Congress in 1964.
Physical inactivity is a major risk factor for developing coronary artery disease. Coronary artery disease is characterized by deposits of fatty substances, cholesterol, calcium and other substances in the inner lining of arteries that supply blood to the heart muscle. It also contributes to other risk factors, including obesity, high blood pressure, high triglycerides, a low level of HDL ("good") cholesterol and diabetes. Even moderately intense physical activity such as brisk walking is beneficial when done regularly for a total of 30 minutes or longer on most or all days.

Regular aerobic physical activity increases your fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular disease. Physical inactivity is a major risk factor for heart disease and stroke and is linked to cardiovascular mortality.

Regular physical activity can help control blood lipid abnormalities, diabetes and obesity. Aerobic physical activity can also help reduce blood pressure.

Programs designed to improve physical fitness take into account frequency (how often), intensity (how hard), and time (how long). They provide the best conditioning.

Today, when people are increasingly becoming health conscious in spite of their busy schedules, government has introduced some fitness schemes like jogging clubs, sponsored races, neighborhood community centers, national physical fitness festival and mass gymnastics programme (Bhartiyam) which were merged with the national fitness programme to make it more interesting and broad based. Not only the government agencies but private organizations also started floating their funds in these physical fitness programmes, because of the increasing demand and awareness of the people.

Today different types of scientific and sophisticated health clubs and gymnasiums are running in different cities of India. These health clubs and gymnasiums adopt different programmes for different people and charge good amount from the customers for increasing their physical fitness. For some people it has become a status symbol to join a health club or gymnasium.

The concept of physical fitness is not a new one. In the old times Greece was in various kinds of physical activity. The concept of gymnasiums and health clubs is
believed to be originated from Greece only. The Athenians broader conception of physical education is best seen in the establishment of public gymnasia. The word gymnasium means ‘an exercise for which you strip ‘Gymnastics signifies the naked art’. The public gymnasia were state institutions managed by high officials and were meant for growing up people. The amphibious also had the privilege of admission in the beginning which was established for the use of the competitors who trained themselves for the public games.

Activity can develop fitness while lack of fitness can limit activity. On the other hand disease can reduce or destroy fitness and alter or deny activity. Activity leading to fitness can avoid or delay the onset of disease and disability and thus can be helpful in improving the quality of life. Records of history reveal that sedentamess is a recent development and were not previously a characteristic of humanity. Technological progress has engineered this change which is at least partly responsible for the adverse health transformation such as the so called twentieth century epidemic of coronary heart disease. In developed countries nearly Sixty percent of the population is habitually sedentary and thus run a great risk of developing health risk that should be tackled by adopting wiser habits of adequate physical activity. Because cardiovascular disease, the first cause of premature death tends to be reduced or delayed by adequate physical activity, substitution of more activeness for sedentarness has become a major priority area in programs for promotion of good health. Not only this physical activity tends to further positive health and counter adverse life style elements that tend to promote negative health such as hypertension, osteoporosis, diabetes mellitus and syndromes of aggression and depression etc.

The gymnasium was mainly an athletic ground with enough space for running practice. The site was usually selected near a stream where water was conveniently available. There were large trees which provided plenty of shade, rooms for undressing and separate bathrooms for use after the regular exercise. The wrestling areas with all its paraphernalia were known as palestra, and formed a part of the gymnasium.

“The main difference between a palestra and a gymnasium was that the former was essentially a building where as the later only signified an open space for various
forms of outdoor physical activities. Where the gymnasium did not contain a palestra it was more like a modern sports pavilion where there are changing rooms and facility for a shower bath."4

Roman society had elements of luxury. One was the system of baths. Rich people had fine baths in their homes but most Romans patronized the public baths which were built by the state and magnificently appointed. Hundreds of sales were employed to maintain these buildings known as ‘thermo’ meaning hot waters. Nero’s bath accommodated 1,600 batters at one time. The decollation bath had enough space for 3000 bathers. The baths were open to the public on payment of nominal fee. All expenses were met by the state. Even oil was supplied free. There were different times for men and for women. In the morning up to 1.00 p.m. women were allowed. From 2.00 p.m. to 8.00 p.m. the baths were opened to men. Some of the emperors allowed mixed bath. The ‘thermal’ also served as a recreation ground. Boxing was popular, there was a palestra for wrestling on open space for running, jumping, throwing discus and javelin. The internal arrangement of the thermal was elaborate. After sufficient exercise the Romans went in for baths. They first entered the ‘trepidation’ or warm room, then on the ‘caulderium’ or hot room for perspiration. Some even went to the ‘laconism’ where the heat was almost unbearable. Then came the proper bath with soap. The whole process was regarded as a safeguard against rheumatism and arthritis. At the end of the bath olive oil was rubbed well into the body and allowed to remain there for sometime. It was then removed with a metal scraper, known as the strigil. In the separate room for massage, which was opened to all, slaves in attendance pummeled the fat and gave passive exercise to older people.5

During the past century, people in industrialized countries have radically reshaped the environment in which they live. Technical devices of all kinds have assumed an increasing amount of work formerly performed by muscle power. In most cases changes were for the better, but they have created major problems. One of these problems is that the individual originally designed for hard physical labour in the Stone Age must adapt to a world dominated by technical innovations. Modern men and women must appreciate

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that regular physical activity is necessary if they are to function properly. Part of the ample spare time that we all enjoy – as compared to previous generation – must be utilized for active reaction.⁶

Many dangers threaten if we do not follow this advice: a reduction in the capacity of certain vital body functions, obesity, malnutrition an increased risk of contracting certain diseases, reduced resistance and general figure. However we are by nature rather lazy creatures, gamblers who take high risk in the hope that we are the exception to the rule, that everything will work itself out for us in the end. This is why emphasizing the dangers of smoking, alcohol, narcotics and general physical inactivity is seldom effective. People devote more attention to maintaining the good condition of their cars and their pets then to their own health. But it is of vital importance that we should be physically fit in order to manage our daily work and make out leisure time more meaningful. Unfortunately in our society we need only minimal amount of physical activity to get us through average working daily.⁷

Even if we want to exercise, the temptations of inactivity are too great. Our automobiles tempt us away from walking, the elevators dissuade us from taking to stairs and most importantly the Television takes our interest from other activity that might use up a little energy.

Many scientific studies over the past twenty years support the value of regular exercise as part of a healthy lifestyle. Studies have documented a sedentary lifestyle as a risk factor for major degenerative diseases. National health statistics indicate that a high percentage of visits to physicians are for vague complaints such as chronic fatigue. In many cases, the cause of fatigue is the lack of regular physical exercise.

Regular participation in vigorous exercise increases physical fitness. A high level of physical fitness is desirable for a full, productive life. Sedentary living habits and poor physical fitness have a negative impact on both health and daily living.

⁶ Astrand P.O, Health And Fitness (Stockholm; Skandia Insurance comp. Ind, 1977) p3
⁷ Ibid.
Regular, vigorous physical activity throughout life significantly reduces the risk of disability, and premature death from stroke and heart disease. It can also effectively alter many of the important risk factors for cardiovascular disease by lowering bodyweight and total serum cholesterol levels, raising HDL ‘good’ cholesterol, and promoting the maintenance of normal wood pressure.

The benefits of regular exercise on psychological health have been clearly documented. Patients with anxiety and depression do better if exercise training is combined with other treatments. More importantly, the majority of individuals who take up regular exercise report an improved sense of general well being and an enhanced self image.

Numerous scientific studies have documented the beneficial effects of exercise in groups of men and women across the entire adult age range. Research has also shown that exercise patterns and fitness levels established during childhood and adolescence are likely to carry over into adult life. Sound exercise habits developed in these early years provide the foundation for a life time of physical fitness through exercise.8

The national education policy which was established by the government of India in 1985 also gave importance to the programmes of physical education and physical fitness at the institutional level and stipulated that every educational institution should have adequate ports facilities and scientific programmes to enable every school going child to participate in games and sports and fitness activities of his or her choice.

That we are, to a degree, what our muscles make us- weak or strong, vigorous or lethargic is a growing conviction among medical men offering strong conviction is the following observation by a former president of American Medical Association. “It begins to appear that exercise is the master conditioner for the healthy and the major therapy for the ill”. Today people have understood the significance of exercise and work out for better living.9

8 Uppal A K, Physical Fitness, How to Develop, p 4
9 Astrand P O, Health and Fitness, p 18
The concept of group practice of health services is not a new one in western countries too. Early approaches include workers on the railroads as they were extended across the continent services for mariners and care for those in the armed services. One of the first one a prepaid basic (1913) was a health center sponsored by the international ladies garment workers union in New York city. Since that time many different approaches to prepaid groups medical practice have developed. Some including the Kaiser Foundation Health Plan, have been brought into being by employees, initially to serve the employees and their families. During the 1960’s the insurance companies began to develop an active concern with prepaid group practice arrangements.  

The concept of modern health clubs and gymnasiums has crept into Indian society from the western countries. Today the health clubs and gymnasiums in India are in developing stage but have gained a vast popularity in the society. The author was interested to take up the survey of the role of health clubs in the health promotion of the urban population, in the cities of Haryana. The survey was also conducted to assess the facilities available in those health clubs and the fitness programmes that they are carrying out.

**Definition and Explanation of Terms**

**Physical Fitness**

“Physical Fitness is the capacity to do prolonged hard and recover to the same state of healthy in short duration to time. This is the result of the degree of strength, speed, endurance equality, power and flexibility one possesses. These elements of physical fitness are useful for different games and sports. Physical fitness depends upon several factors such as heredity, hygiene living, nutrition and body maneuver of an individual. Amongst those, body maneuver play an important role.”

According to Brune Balke, a medical doctor, ‘physical fitness depends on the individuals’ biodynamic potential i.e. composed of his function and metabolic potential’.

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10 Jee. F. Follman, “HOM’s and Private Health Insurance. “ College Health 21 (December 19725) : 28
11 Uppal, Physical Fitness How to Develop., p. 4
The best test of physical fitness is man's ability to survive under extra ordinary biological demands.

Physical fitness is the ability to last, to bear up and to preserve under difficult circumstances where an unfit person would give up. It is opposite to being fatigued from the ordinary efforts to lacking the energy, to enter zestfully into life's activity and to be exhausted from unexpected demanding physical exertion.\(^\text{13}\)"

The concept of physical fitness implies that physical fitness is more than "not being sick" or merely "well being". It is a positive quality extending on a continuum from death to abundant life. Thus living individuals have some degree of physical fitness, which is minimal in the severely ill, and maximal in the highly trained athlete. It varies considerably in different people and in the same person from time to time.

**Health**

Health is the condition of being sound in body, mind or spirit, especially freedom from physical diseases or pain.\(^\text{14}\)

Health is a state of complete physical mental and social well being and not merely absence of diseases or infirmity.\(^\text{15}\)

**Health Club**

Health club is a place where exercise equipments are kept for the purpose of physical exercises. Often there are also courses for aerobics or the like offered. It is not unusual for a sauna or wellness areas to be present. Health clubs generally charge a fee to allow visitors to use the equipment, courses and other provided services.

Health clubs offer a collective and often entertaining and informal form of working out and/or bodybuilding beyond the structure of the classic gym.\(^\text{16}\)

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15 Park K., Preventive and Social Medicine (Nagpur: Banarsi Das Bhanot, 1994) p.12

16 http://en.wikipedia.org/wiki/Health_club" (December 2006)
Facilities, Services & Photo

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SKINFOLD CALLIPRES

WEIGHING MACHINES
Photo: Work-out Area in Gym
Photo: Exercise on MULTISTATION machine in Health Club
Photo: Weight Training Exercise in Health Club
Photo: Relax Exercise in Health Club
Photo: Yogo and Pranayam in Health Club
Photo: Yogic Exercise in health club
Photo: Fitness after joining health club
(1) Main Workout Area

Most health clubs have a main workout area, which primarily consists of Weights or free weights like dumbbells, barbells and Exercise, machines. This area often includes mirrors so that exercisers can check and maintain correct posture during their workout.17

(2) Group Exercise Classes

Most new health clubs offer group exercise classes that are run throughout the week by qualified fitness instructors. Many types of group exercise classes exist, but generally these include classes based on aerobics, cycling, boxing, high intensity training, yoga, pilates and muscle training. Health clubs with swimming pools often offer classes.18

(3) Sports Facilities

Some health clubs offer sports facilities such as a Swimming pool, Squash court or Boxing Area. In some cases, additional fees are charged for the use of these facilities.19

(4) Personal Training

Most health clubs employ Personal trainers to which members have access to for training, fitness, nutrition, health advice and knowledge. Personal Trainers can help write a customized fitness routine, sometimes including a nutrition plan, to help members achieve their goals. They can also monitor and train the members. More often than not, access to personal trainers involves an additional hourly fee.20

Urban Population

In this study urban population means those persons who live in cities and lead normal life, doing routine work but not involving in any kind of sports and physical activities.

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17 http://en.wikipedia.org/wiki/Health_club" (December 2006)
18 http://en.wikipedia.org/wiki/Health_club" (December 2006)
19 http://en.wikipedia.org/wiki/Health_club" (December 2006)
20 http://en.wikipedia.org/wiki/Health_club" (December 2006)
Physical Development

Physical Development is related to changes that occur in a person’s body like changes in height, weight, organs structures and processes. It also includes changes in skeletal muscular and in neurological features that affect motor skills.21

Cognitive Development

It involves those changes that occur in mental activity including sensation, perception, memory, thought, reasoning, language. Take the example of adolescence. Young people gradually acquire several substantial intellectual capacities, compared with children, for instance they are much better able to think about abstract concepts like democracy, justice and morality etc. Moreover they become capable of dreaming with hypothetical situations and they achieve the ability to monitor their own mental experience and control and manipulate their own thought process.22

Social Development

It includes those changes that concern a person’s personality, emotions and relationship with others. All societies distinguish between individuals viewed as children and individuals viewed as adolescence or adults. For example, adolescence is a period of social recognition, one in which young people undergo changes in their social role and status. Our society distinguishes people who are “underage” or “minors” and those who reached the age of “majors” or adults. For example minors are not permitted to vote, get married on their own and drive a car.23

Disease

A disorder with a specific causes and recognizable sign and symptoms any bodily abnormality or failure to function properly except that resulting directly from physical injury (the letter, however open the way for disease).24

21 Uppal, Physical Fitness How to Develop, p. 4.
22 Uppal, Physical Fitness How to Develop, p. 4.
Obesity

Obesity is the condition; when the body weight exceeds the requisite normal weight. Accumulation of fat deposits in the body tissues results in obesity. When a person starts eating beyond a normal limit set before him, imbalance in. An obese person has accumulated so much body fat that it might have a negative effect on his health. If a person’s bodyweight is at least 20% higher than it should be, he or she is considered obese.25

Statement of the problem

The purpose of this study was to inquire “The role of health clubs in promotion of health of urban population in Haryana.” How health clubs are beneficial for the important of health.

Aims and Objectives

1. To find out the contribution of health clubs towards the health promotion of urban population of Haryana.
2. To study the physical fitness of Haryana urban population through health clubs.
3. To study the social harmony in the urban population of Haryana with the help of health clubs.
4. To study the cognitive development of masses of Haryana urban population.
5. To find out the all round development of urban population through health clubs in Haryana.
6. To study the health clubs in relation to reduce the diseases for good health.
7. To find out the popularity, status of professional people are running in the health clubs.

25 www.health.com/obesity
Hypotheses

1. Health Clubs of Haryana State help to promote the health in urban population.

2. Health Clubs of Haryana State develop the physical fitness in the masses of urban population.

3. Health Clubs inculcate social harmony in the urban population.


5. Health Clubs help to promote the all over development of urban population.

6. Health Clubs keep the participants away from disease & weakness and provide good health for the Urban Persons.

Significance of the study

It is evident that the cities of Haryana are converting into a concrete jungle. These cities are also over populated and hence no space is left vacant for grounds or parks where people can breathe fresh air, leave apart their taking part in physical work outs. The life has become very fast and people are running out of time.

The modern concept of health clubs is a right way towards improving physical ability of the people who are becoming health conscious day by day. In the opinion of the researcher, the following are the significances of the study in which a health club serves as a unit for health promotion and maintenance.

1. The study will highlight the contribution made by these health clubs towards health promotions in Haryana.

2. The study may highlight the fame and importance of health clubs in cities.

3. The study will highlight the latest trends followed by health clubs for promoting health among the citizens.

4. The study may be of great helpful in formulating the programme for health promotion of urban population.

5. The study will also help to find the status of professional employed or running the health clubs.
6. The study may help in improving the standards of the health clubs.

7. The result of the study may enable the people to improve their knowledge about the health clubs.

8. The study will also find out the programmes offered by these health clubs towards health promotions.

9. The study will help to know the status of health clubs in cities of Haryana.

**Delimitation**

1. The study was conducted on selected health clubs of ten cities in Haryana i.e. Panchkula, Ambala, Kurukshetra, Karnal, Hisar, Rohtak, Bhiwani, Narnaul, Gurgaon, Faridabad. The Health Club centers of these cities were as under:

**Panchkula**

i) Body Temple Gym Sec. 4  
ii) Oceanic Gym and Fitness Center Sec. 5

**Ambala**

i) Muscle Zone Gym, near Manawa Chowke  
ii) Ambe Golden Gym, near Karan place

**Kurukshetra**

i) Tara Gym and Fitness Center  
ii) City Health Club

**Karnal**

i) Nirmal Fitness point, Meerut Road  
ii) Karan Health Club, opp. Dayal Singh College

**Hisar**

i) Body Care Gym, Rajguru Market  
ii) Fitness point Gym & Training Center
Rohtak

i) Chand Health Club, near Medical Chowk

ii) Fitness Planet, Health Club, near Medical Chowk

Bhiwani

i) Sai Health Club, M.C. Colony

ii) Chalenge Health Club, M.C. Colony

Narnaul

i) Jangir Health Club

ii) City Health Club

Gurgoan

i) Classic Health Club, near Surat Nagar

ii) Super Sonik Zym & Health Club

Faridabad

i) Power Temple Zym, N I T Chowk

ii) Body Temple Zym, near Dabawa Colony

2. The study was further delimited to the selected urban persons who were the regular customers of the above mentioned clubs for a minimum duration of three months. These urban persons were ranged between 20 to 40 years of age and responded to the questionnaire and interview in an attempt to elaborate the role of health clubs for health promotion.

3. The study was also delimited to analyze the view of the instructors of the selected health clubs. One instructor from each club was asked to respond through questionnaire and interview on the role of health clubs in promotion of health of urban persons in Haryana.
Limitation

1. The socio-economic status of the subjects might have influenced the concept of health and consequently influenced the results of the study was considered a limitation to the study.

2. The study was based on questionnaire and interview method. As it was not possible in terms of finance and lack of time for interviews on the subjects of the study, this might be a limitation of the study.

3. The subjects were assured that their response will be kept confidential but still some respondents may hesitate in presenting their true feelings, was considered a limitation to the study.