Abbreviations used in the Text

BD – Body Density
BF – Body Fat
BF% - Body Fat Percent
BMI – Body Mass Index
BSA – Body Surface Area
BV – Blood Volume
DBP – Diastolic Blood Pressure
FER% - Force Expiratory Ratio
FEV$_{1.0}$ – Force Expiratory Volume in one second
FVC – Force Vital Capacity
LBM – Lean Body Mass
LHG – Left Hand Grip
PI – Ponderal Index
R- Rural
RHG – Right Hand Grip
S.D. – Standard Deviation
S.E – Standard Error
SBP – Systolic Blood Pressure
TBW – Total Body Water
U – Urban
Vs – Versus
WHR – Waist to Hip Ratio