

# GOVERNMENT COLLEGE FOR WOMEN,GUNTUR

## DEPARTMENT OF PHYSICAL EDUCATION

### GYM PARTICULARS

College students who visit our college campus gym are more likely to succeed in the class rooms according to data from G.C.W.Guntur.

“Students who worked out at college gym at least once a week were more likely to earn a higher grade point average than students who visited less or not at all.

For students development and assessment at our G.C.W. GYM Division of Recreational Sports. Going to the gym is so much more than going to the gym. Students who are motivated by fitness and wellness tend to have better time management skills, and being fit is good for the mind. It all ties together.

College is the absolute best time for students to learn the importance of making time and dedicating energy to a health and fitness programme.”

It’s invaluable it's lifelong and its life changing the many benefits to prove that the act of fitness is more than just losing weight or looking good.

Exercise can build confidence, reduce and relieve stress, improve learning and mental health and can build healthy relationships.

### **The Importance of Exercise for College Students:**

By I RAJESWARI IIB.SC

This year has represented a complete revolution for me in terms of fitness “said college champion I.RAJESWARI immediately got involved in the inter-university cross country team, is registered for group fitness certification training, and has even started a High Intensity Interval Training to get more of her peers involved in fitness.

Physical Director supported me along the way to bettering myself. Somewhere between the joy the fitness brings her and the mental and physical strength she has gained lies an overall feeling of self-assurance that RAJESWARI said he did not have before college. When fitness no longer is viewed as a chore, you know you are on to something. Getting started during college only makes it easier.

### **Developing Good Habits Leads to Lifelong Benefits by:** **M.NAGALAKSHMI IIB.SC**

Top players report that establishing healthy habits into their daily and weekly routine is important for maintaining positive professional vitality

determination and drive developing a healthy set of habits now will put you on a path towards an overall routine time management and healthy lifestyle choices that can be a foundation for success much like the working world college life can be stressful exercise is a great way to mitigate that stress.

## **GYM IMPORTANT IN COLLEGE:**



PHYSICAL EXERCISE GYM CLASSES PROVIDE STUDENTS WITH PHYSICAL EXERCISE ON A CONSISTANT BASIS.

According to the physical activity guidelines teem should do 60minutes or more of physical activity each day?

College offer the perk of having a free gym on campus regular exercise can boost one's mood and relieve stress addition to all the physical health benefits of exercise.

Physical education department add to an education on a variety of levels. Students have access to more divorce opportunities for physical fitness and recreation; these facilities enhance the appearance and appeal of college campus.

A few 30minutes sessions a week can bring positive results, both physical and mental. Light weight training can be ward off the possibility of osteoporosis later in life.

## **GYM ARTICLES**

**Length of gym- 34 feet, Width of the gym- 34feet 8inches**

1. **ORBITRAK:** Fitness gym workout four in one orbitrak with seat and pulse handle



The health benefits of regular cycling

- a. Increased cardiovascular fitness.
- b. Increased muscle strength and flexibility
- c. Improved joint mobility
- d. Decreased stress levels
- e. Improved positive and coordination
- f. Strengthen bones
- g. Decreased body fat levels
- h.** Prevention or management of disease.

## 2. Orbital Cycling Exercise

Organized activity is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

## 3. AB Pro Heavy:





Body gym AB Pro Heavy, AB Exercise Adjustable Resistance 200 degree rotation. It focuses on the abdominal muscles 180 degree range of motion allows to exercise our upper, middle as well as lower abdominal muscles all at the same time.

#### **4. AB Swing:**



Pivot our lower body on the AB circle pro's unique friction-free track it will boost our cardio rate while also challenging our upper, middle, and lower AB Swing at the same time. The exercise even targets our obliques in the same simple, fun, burning motion.

#### **5. Bench Press:**



It is used for upper body strength training exercises. Where you are pushing weight upwards as you are laying on your back.

When doing a bench press do not arch your back. This means that your feet are placed too low.

Muscles used:- Biceps, Triceps, Lats, shoulders, chest and upperback.

## **6. Tread Mill:**





Give a great cardiovascular workout and help improve heart health ,each time you step on a thread mill, you strengthen your heart .And as our heart grows stronger, lower our blood pressure plus, the act of running or working helps to get the blood flowing which reduces the stress on our heart.

#### 7. **12 Station Multi Gym:**



High performance based fitness equipment new range of gym sets of friendly and reliable usage. Created using innovative technology workouts sessions smoothly equipment offers superior grip which unables users to do arm curling,dipping and leg raise,bench press,leg circles and leg extention.

#### 8. **Power lifting Set:**

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Supportive equipment is used to increase the weight lifted in powerlifting exercises. A snug garment is worn over a joint or joints (such as the shoulders or hips). This garment deforms during the downward portion of a bench press or squat, or the descent to the bar in the deadlift, storing elastic potential energy.

#### 9. **Vibrator:**



Here are some of the benefits of using a whole-body vibration machine:

- a. Stronger and Toned Muscles. Any vibration machine will have a platform that
- b. vibrates at a certain frequency.
- c. Tougher Bones.
- d. Increased Balance, Flexibility, and Coordination.
- e. Enhanced Immunity and Blood Flow.
- f. Increased Weight Loss.

#### 10. **Twist cum Stepper:**



Stepper Cum Twister. We are dedicatedly engaged in manufacturing, importing and exporting a matchless range of Stepper cum Twister to our clients. Our ranges of

machines are widely used for fitness equipment which is used with the whole body vibration (WBV) equipment.

### 11. **Exercise Cycle Double Shock and Single shock:**

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Does the Stationary Bike help lose Belly Fat? Exercise and sports are absolutely essential to burn calories and fat as well as to build muscles. ... Cycling on a stationary bike is a very effective way to reduce belly fat. You should however exercise regularly to get these benefits. Therefore, to lose body fat, you want to burn as many calories as possible during your stationary bike workouts. Increasing your workouts from 30 to 60 minutes is ideal. According to Harvard Health, a 155 pound person will burn about 520 calories per hour of bicycling at a moderate pace.

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### 12. **Orbitrak Multi Function:**





This multifunctional equipment is more than just an exercise bike. It is also an elliptical trainer that offers a full-body and core workout, all at the same time. This compact training station is an ideal choice to bring home. Investing in this machine will not only reward you with a durable piece of equipment, but you will also have the pleasure of working out without having to venture out to head to the gym.

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