
The Benefits of Natural Exercise Combined with Habit Formation on Health and Mood in Adult Men and Female

Chidapha Siriwan*, Manatsavee Thaipetkul
Chulalongkorn University

ABSTRACT

Background: Exercise is an important part of achieving a good quality of life that is compatible with daily living activities such as walking, gardening, housework, and specific forms of exercise. The objective of this research was to study whether natural exercise supplemented with habit formation improves health and mood in adult men and women. This study employed a mixed methods approach, using both quantitative and qualitative research.

Methods: A group of 200 adults aged 25–45 years with a body mass index greater than the standard, that is, more than 25, including both males and females, who did not have non communicable diseases (NCDs) and had sedentary lifestyles, who did not exercise regularly and had physical activity of less than 150 minutes per week, were assessed. Pre test and post test results were compared.

Findings: The findings measured the waist circumference and BMI of the programme participants. The results showed a comparison of waist circumference before and after participation in the programme. There was a change in 81.43 percent of the sample. The comparison of BMI results before and after participation in the programme showed a change in 80 percent of the sample. The findings indicate that lifestyle exercise has a positive effect on changes in physical health. It also had a positive effect on the mood of the participants according to the principles of natural exercise. Even a small amount of physical activity can influence change. In the future, the concept of natural exercise should be studied further with greater attention to physiological effects. There must be sufficient evidence of physical, psychological, and spiritual effects among the sample.

Keywords: Natural exercise, physical activity, Habit formation Cosmology, Human Dignity