



# I move, Therefore I am...

URBAN FITNESS INDEX  
DECEMBER 2015



## What is Urban Fitness Index?

Urban Fitness (UF) Index is the country's first singular and unifying fitness score that will inspire change and help individuals and organizations.

Individuals get a single digit score that defines their fitness status on a scale from 1 to 10.

The index defines their fitness score and gives us input on the differences in fitness levels among people belonging to different demographics.

## What is the importance of Urban Fitness Index?

The country's first Fitness Index that defines people's fitness level and helps them make right fitness decisions, every day.

The index comes with a descriptor that explains the steps to optimize the fitness level.

The index raises awareness, creates individual and institutional accountability, weeds out poor fitness options and creates a standard measurement of individual fitness.

## What is Bengaluru's UF Index?

### Bengaluru's UF Index score is 5.9022

Urban Fitness measured the Fitness level of Bengaluru Cops - The Index came up to be 5.6 out of 10 (with an indicative sample)

Bengaluru's score means its citizens have an excess amount of body fat compared to what is optimally required with below moderate activity.

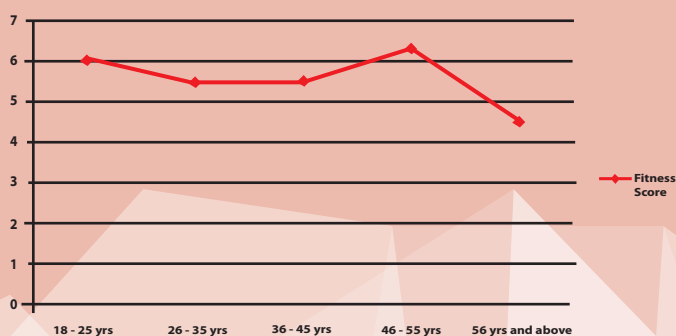
The consequences of this include but are not limited to, heart disease, diabetes, cancer and infertility.

The current level of inactivity among the citizens shows that many will face practical problems in their later years unless they introduce some form of fitness activity, preferably something each person enjoys that will also make it sustainable.

Urban Fitness recommends functional training that is effective, systematic; group oriented and requires minimal equipment. The Urban Fitness survey shows that the main contributing factors to this problem lie in water intake and sleep deprivation. Dehydration forces the body to hold water and create a craving for food, especially simple carbohydrates, like sweets and fast food. Sleep deprivation had the same effect as dehydration and coupled they create a perfect environment for unfit bodies that will gain fat. For the city to improve its overall well-being and energy levels, we need to start the day with four glasses of water before anything else and try our best to get 8+ hours of sleep each night.

## Bengaluru's Fitness Index

(for different age groups)



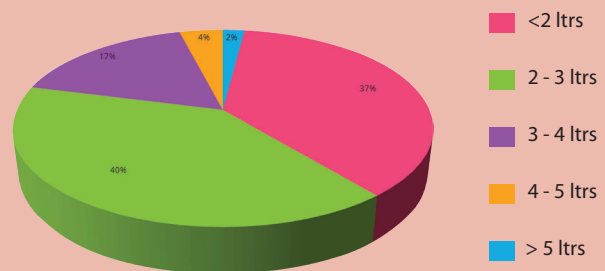
Lifestyle diseases are hitting people in their late 30s and early 40s.

## Survey Questionnaire Analysis:

According to our survey, against popular belief lack of time was not a constraint for working out regularly. In fact, the survey results showed that most of the people worked out around 4 times a week on an average basis. Yet, many people still do not consider themselves fit.

Few facts below,

### Water consumption (on a daily basis)



- 39% of people consume 2-3 liters of water every day
- 37% of people consume less than 2 liters of water every day
- 2% of people consume more than 5 liters of water every day

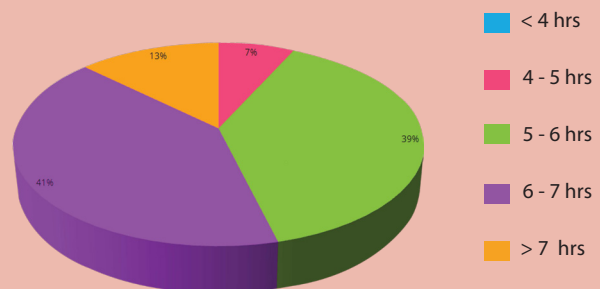
The more water you drink the lesser weight it retains.

Recommendation:

Start your day by drinking 4 glasses of water.

### Hours of sleep

(per day)



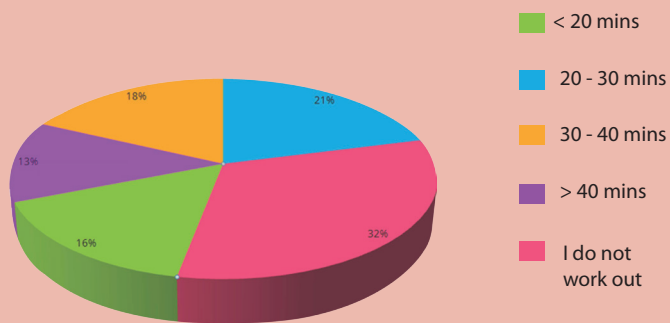
- 41% of people sleep for 6-7 hrs a day
- 39% of people sleep for 5-6 hrs a day
- 13% of people sleep for more than 7 hrs a day

If you get less sleep the body tends to eat more simple carbohydrates like chips, sweets, etc

Recommendation:

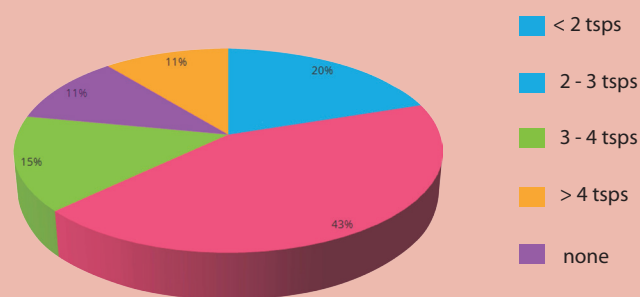
Sleep requirements varies from person to person  
General recommendation is 6-8 hours of sleep per day for every individual

## Duration of workout (per day)



- 33% of people do not work out or are not involved in any fitness activities
- 26% of people workout for about 20-30 minutes a day
- 11% of people workout for more than 40 minutes a day

## Sugar consumption per day (in tsp)



- 43% of people consume 2-3 tsps of sugar every day
- 11% of people consume more than 4 tsps of sugar every day
- 11% of people do not consume sugar

### Recommendation:

A new WHO (World Health Organization) guideline recommends adults and children reduce their daily intake of free sugars to less than 10% of their total energy intake. A further reduction to below 5% or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

96% of people agree that exercise is necessary to remain fit. Hence, there is a positive mindset amongst people towards fitness.

## Conclusion

In our country, view on fitness is widely driven by medical profession. There is a lack of knowledge among people on fitness.

First time in India, an effort has been made to define the fitness score for a city.

Also, there are no certification standards for fitness centers so far. Urban Fitness has introduced UF Seal to provide certification for both individuals and institutions which will help the public to make a better choice and will ensure that the fitness centers provide quality services.

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