

4th Annual Congress on MENTAL HEALTH

April 12, 2024 | Webinar

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45–60 minute sessions of Tae-Bo. The intervention yielded statistically significant enhancements ($p < 0.05$) in body weight ($p = 0.043$), BMI ($p = 0.037$), as well as waist ($p = 0.031$) and hip circumferences ($p = 0.040$). Notable improvements were also evident in flexibility at both mid- and post-program assessments ($p = 0.033$ and $p = 0.025$, respectively), alongside augmented static balance (mid: $p = 0.022$; post: $p = 0.019$), hand grip strength (mid: $p = 0.034$; post: $p = 0.029$), sit-up performance (mid: $p = 0.021$; post: $p = 0.018$), and cardiorespiratory endurance (mid: $p = 0.017$; post: $p = 0.011$). Conversely, no significant change in the sum of skinfolds emerged following program completion ($p = 0.057$). The findings underscore the potential of a community-based mind–body program to ameliorate health-related physical fitness, thus providing a means to mitigate health disparities and foster positive improvements in resource-limited communities, regardless

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