**“EFFECT OF BREATHING EXERCISES ON MAXIMAL OXYGEN CONSUMPTION IN OBESE WOMEN.”**

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**Abstract:**

**Introduction:** As the obesity epidemic continues to rise, research has begun to focus on the effects of excessive body weight on an individual's health status. Studies have examined obesity’s role in many conditions and parameters. However there are hardly any studies to improve functional capacity in obese individuals. The present study was undertaken to find out the effect of breathing exercise training on maximal oxygen consumption in obese women by comparing the pre and post VO2max achieved by performing step test.

**Methods**: In this pre-post prospective Study, 40 obese female participants were trained with breathing exercises (diaphragmatic breathing, pursed lip breathing, thoracic expansion exercises, and incentive spirometry) and their pre and post VO2max was calculated by Step test. Data were analyzed by statistical methods.

**Results**: The results analyzed with paired t test and were found to be highly significant (p<0.0001) in improving VO2max in obese individuals.

**Conclusion**: There is an increase in the functional capacity of obese women with a breathing training exercise program.

**Key words**: Obesity, Breathing Exercises, Maximal Oxygen Uptake.

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