

yourself, of the different parts of your being and their respective activities. In a short, the so-called scientific exercises are consistent with the law of exercises, that is, the appropriate exercises intensity which is suitable for each person's physical features and individual exercises expenditure patterns. For the public, walking is one of the most common exercise. The most efficient and appropriate form of exercises and reasonable exercises intensity can account for the balance between human meal and energy expenditure, which also can maintain and improve health and exercise ability. All of these need the control of energy expenditure, if we want to control it effectively, we should acquaint ourselves with the law of the energy expenditure and build energy expenditure models, where the personal energy expenditure models are particularly important. By getting the walking frequency we can have the statistical analysis with the energy expenditure. Then with the energy expenditure, we will get the carbohydrate and fat expenditure in a period of exercises.

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Everyone should have an aim. But do not forget that on the quality of your aim will depend the quality of your life style. Your aim should be high and wide, generous and disinterested; this will make your life precious to yourself and to all. To work for your perfection the first step is to become conscious of