

Two-Minute Walk Test For Assessing Walking Ability In Obese And Normal Weight Children

Nawaj Pathan

MGM Institute of Health Sciences University's School of Physiotherapy, India

Background/Objective: The intent of the present study was to examine responsiveness, of 2 Minute Walk Test (MWT) in normal weight and obese school going children. **Method & material:** A total of 82 school going children participated in the study aged between 7 to 10 years. Out of which 41 were normal weight and 41 were obese students. They were divided equally into two groups based on their BMI. Group A comprised of obese and group B comprised of normal participants. Two-minute walk test was performed by the participants on a obstacle free 15 m distance. Distance covered by the participants was measured and documented after the test. **Results:** Unpaired T-test was used for data analysis between two groups. $p < 0.0001$ is considered as significant. **Conclusion:** The study concludes that 2MWT is useful and quick test to measure the walking speed in obese and normal weight children. **Key Words :** 2 Minute Walk Test, Functional Mobility, Obesity, School Going children.