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RESEARCH ARTICLE

Special Exercises after Weight Loss and its Effect on Skin Wrinkles and Body Beauty

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Abstract

Many individuals, especially in these days, suffer from weight gain due to lack of movement and intake of food. They are not burned by exercise, which generates some wrinkles in the body. The researchers tried to find a suitable training program according to the characteristics of the research sample based on diversity. The use of exercises and the use of means and tools, as well as change the environment for the sample of the subjects in terms of practicing in the gym and then go to the swimming pool and then give special medical ointments, which helped the desire to perform exercises and create a spirit of competition and the goal of research to The preparation of special exercises and the use of swimming and medical ointments and health food systems for specific areas in the body to remove body wrinkles after weight loss and know the effect of special exercises to tighten the layers of skin and body beauty after weight loss. The hypothesis was research, to special exercises and various means, such as swimming, the use of medical ointments and health food systems, has a positive effect on skin layers and body mass after weight loss. Different areas of the body were selected and the areas where the fat accumulation was increased after taking the opinions of experts and specialists. The tests were carried out in the pretest and the training program was implemented and followed closely in the form of two groups take the usual training program and the other exercises were used to develop muscle strength and swimming and put ointments after and after the end of the application of the training program was conducted after the tests and after the results were calculated and analyzed and discussed the development of the members of the research sample through the loss of weights of their bodies as well as raising their physical capacity and development of the first experimental group that used the training program prepared by researchers and improve their body through a decrease physical wrinkles and then the researchers concluded that exercise contributes significantly to maintaining fitness and increase physical capacity.

Keywords: *Special exercises, Weight loss skin wrinkles and body beauty.*

Introduction

Everyone tries to reach the ideal body and the healthy body. Some people tend to exercise in general and muscle building exercises and fitness in particular from both sexes. The phenomenon of excessive weight gain has spread for many reasons, including the lack of a healthy diet and the spread of fast meals full of saturated fats. And the large quantities of food consumed by individuals in our society and the development of technology in which they are sitting for long hours in addition to long hours of work and the biggest reasons is the reluctance of a large class of society to exercise various sports and helped metabolize Lack of interest in our society about the benefits of sport for health and beautiful body [1].

Skin wrinkles after weight loss are a problem that almost everyone faces and gives a feeling of frustration and distress, since the skin consists of several layers, including the fatty layer. When a rapid decrease in weight occurs, the body cannot remain tight as the dermis is the layer that covers the skin. This is one of the most common side effects after losing weight. Eliminating wrinkles is very difficult. These wrinkles are a big problem if they are not solved radically and most wrinkles are found under the armpit, chest, etc [2]. One of the basics of life is the ability of the body to get out (anything I enter into my body must be digested or get rid of it and the disease appears when the demolition is more than the construction in your system, and this situation in cases of weight loss quickly through a diet or use wrong.

The researchers have studied this problem and given special exercises according to scientific basis, as well as giving a healthy diet program and the use of some types of medical ointments and swimming, and these all contribute to get rid of the Wrinkles or Reduce them (minimize), and the renewal of public health as well as increasing the level of fitness that is reflected entirely on the aesthetic body [3].

This is a problem on the skin also from the appearance of the outside and is the wrinkles is a relaxation in the skin appears clear and these wrinkles become when the surrounding skin expands in all areas of the body and some of the skin becomes a large area of the tissues and muscles covered, for example, when slouching in the abdomen, the skin around the abdominal area has been stretched too much and the skin tissue has become relatively larger than the organs and muscles it covers, so it appears in the form of skin follicles that turn into layers of skin with time.

Hence, this study is to develop some scientific solutions through the preparation of exercises given to people Who have skin wrinkles after losing weight and also use a variety of other means to reduce these wrinkles and get a healthy and beautiful and its importance is also important to the community as one of the essentials to maintain health and beautiful body [4].

Research Objectives

- Prepare special exercises and use swimming, medical ointments and health food systems for specific areas of the body to remove body wrinkles after weight loss.
- Knowledge of the effect of special exercises to tighten layers of skin and body beauty after weight loss.

Research Hypotheses

For special exercises and various means, such as swimming, use of medical ointments and health food systems, have a positive impact on skin layers and body mass after weight loss.

Research Methodology

The researchers used the experimental method to suit the problem of research, where "the experimental method is the most accurate methods of scientific research and its adequacy in reaching accurate results"[5].

Community and Sample Search

The process of selection of the sample of the main steps to collect data and information often resort to the researcher to identify the research community based on the phenomenon or problem of his choice, that is, "to choose a sample of the researcher sees them represent the original community that is studying the representation of honest"[6]. The research community consists of (35) individuals who suffer from physical wrinkles at the age of (20-21) practicing sports after losing their weights and the sample chosen by the researchers where they were taken (20) individuals, and were divided by regular random way into two groups as follows:

- The first experimental group: They were given swimming exercises and medical ointments with the training curriculum.
- The second experimental group: the group that adopted only the training curriculum.

The range of homogeneity in the research group (length, weight, age, training age, chest circumference, chest circumference, neck circumference, dorsal circumference, of the abdomen, the proportion of the fat of the thigh).The four groups have been paralleled by the same variables. The coefficient of variation was used to display homogeneity.As shown in Tables (1-2), the results showed a homogeneity of the sample, "the closer the coefficient of torsion than (zero) after high homogeneity" [7]. The equivalence between the two groups was shown in the variables mentioned in Table (3) where it shows the calculated value (t) and the tabular value (t).

It is clear that the calculated values (t) were less than the tabular value (0.05) and the degree of freedom (18), indicating the absence of significant differences between the two groups in the variables adopted in the equivalence and this indicates the equivalence of the two groups.

Table 1: Shows the mean and standard deviations of the first experimental group in the search variables of the pretest measurements for the purpose of homogeneity

Group	Variables	Unit measurements	Mean	STD.EV.	Skewness*
The first experimental group	Weight	Kg.	77.4	0.371	0.041

	Tall	Cm	172.7	1.21	0.702
	Age	Year	20.1	0.651	0.538
	Training age	Year	3.3	0.918	0.346
	Circumference of the humerus (constriction)	Cm	38.6	0.371	0.557
	Chest circumference(inhalation)	Cm	94.5	0.166	0.000
	Chest circumference(exhalation)	Cm	91.7	0.395	0.569
	Thigh circumference	Cm	59.5	0.792	0.768
	Bing Press	Kg.	110.4	0.541	0.783
	Deadlift	Kg.	113.2	0.940	0.360
	Squat	Kg.	120.6	0.819	0.456
	The percentage of fat behind the humerus	Millimeters	11.6	0.266	0.921
	Percentage of Abdominal fat	Millimeters	19.7	0.650	0.503
	Percentage of hip fat	Millimeters	19.4	0.635	0.029

*When the value of the skewness coefficient is zero, the group is homogeneous.

Table 2: Shows the mean and standard deviations of the second experimental group in the search variables for pretest measurements for homogeneity

Group	Variables	Unit measurements	Mean	STD.EV.	Skewness*
The first experimental group	Weight	Kg.	77.0	0.442	0.585
	Tall	Cm	172.3	1.10	0.895
	Age	Year	20.3	0.631	0.612
	Training age	Year	3.2	0.898	0.427
	Circumference of the humerus (constriction)	Cm	38.9	0.348	0.713
	Chest circumference(inhalation)	Cm	94.2	0.290	0.546
	Chest circumference(exhalation)	Cm	92.4	0.339	0.620
	Thigh circumference	Cm	59.1	0.721	0.573
	Bing Press	Kg.	110.4	0.541	0.783
	Deadlift	Kg.	112.8	0.986	0.643
	Squat	Kg.	120.2	0.757	0.799
	The percentage of fat behind the humerus	Millimeters	11.8	0.249	0.407
	Percentage of Abdominal fat	Millimeters	19.1	0.585	0.736
	Percentage of thigh fat	Millimeters	18.8	0.466	0.425

Table 3: Shows the value of (t) to the two groups for the purpose of equivalence of pretest tests

Variables	Groups	Mean	STD.EV.	Standard error	(t) calculated	(t) tabulated
Weight	First	77.4	1.26	0.401	0.343	2.04
	Second	77.7	1.33	0.422		
Tall	First	172	3.36	1.06	0.615	
	Second	173	3.88	1.22		
Circumference of the humerus (constriction)	First	38.9	1.10	0.348	0.590	
	Second	38.60	1.17	0.371		
Chest circumference (inhalation)	First	94.50	0.527	0.166	0.896	
	Second	94.20	0.918	0.290		
Chest circumference (exhalation)	First	91.90	1.10	0.348	0.553	
	Second	92.20	1.31	0.416		
Thigh circumference	First	59.90	2.18	0.690	1.156	
	Second	58.70	2.45	0.775		
The percentage of fat behind the humerus	First	110.70	1.49	0.472	0.797	
	Second	110.10	1.85	0.585		
Percentage of	First	113.10	3.07	0.971	0.146	

Abdominal fat	Second	112.90	3.03	0.959		
Percentage of thigh fat	First	120.70	2.49	0.789	0.540	
	Second	120.10	2.46	0.781		
Bing Press	First	11.70	0.823	0.260	0.912	
	Second	11.70	0.823	0.260		
Deadlift	First	19.40	2.22	0.702	0.815	
	Second	19.40	1.71	0.541		
Squat	First	19.50	1.90	0.600	1.027	
	Second	18.70	1.56	0.495		

By observing the table (3) it is clear that the values of (t) calculated for all variables research mentioned above, which is smaller than Tabulated value at the degree of freedom (18) and the level of significance (0.05) which shows the absence of significant differences between the two groups in the differences supported variables

Means, Tools and Devices used in Research

- Arab and foreign scientific sources.
- Observation and experimentation.
- Interviews.
- All data form.
- Data dissemination form.
- Tests and measurement.
- Measurement tape.
- Electronic medical balance to measure German weight for the nearest (50 grams).
- Apparatus for measuring the thickness of the skin folds (fat).
- Iron bar number 3.
- Iron bands for stabilizing weights and bales, and various and multi-weights (2,5 - 5.10-15-25 kg)
- Electronic Calculator (Laptop) Chinese origin.
- Manual electronic calculator type (Casio) Japanese origin.
- Japanese type photographic camera (Canon).
- Supporting team.

Tests and Measurements used in Research

For the purpose of measuring and determining the variables involved in the research, the researchers sought to survey scientific sources and references and adopt a set of tests for measuring variables.

Physical Tests

- Bing Press test (pressure from flat lying flat) [8].
- Test of Dead lift (Dead Magic) for the strength of the back muscles [9].
- Squat test (rear squat sitting).[10]

Anthropometric Measurements used in Research

"The tests and measurements of the most important means used in scientific research by means of collecting the necessary information that depends on research and study to solve many of the problems facing scientific progress".[11] The researchers set the measurements based on the opinions of experts and specialists in this field. A set of measurements that suit the work of the researchers were tested as follows:

- Measuring Height (Tall).
- Measurement of body weight.
- Measuring circumference of the humerus (constriction).
- Measuring chest circumference(inhalation and exhalation).[11]
- Measuring thigh circumference.[12]
- Measuring the percentage of fat behind the humerus.
- Measuring percentage of thigh fat.
- Measuring percentage of abdominal fat.

Pilot Study

"The pilot study is a scientific training for the researcher to find out the pros and cons that occur during the test to avoid them"[12].

The researchers conducted on 18/2/2017 in the Hall of Victory to build the body tests and physical measurements on a group of practitioners from the research community, and then excluded from the implementation of the main experiment to learn the pros and cons by:

- The validity of the set of tests and measurements for the sample.
- Extent of validity of instruments and equipment used in tests and measurement.
- Preparedness of Taskforce (for testing and measurement)

- Reach the best method for testing and measurement.
- Identify the obstacles and difficulties faced by researchers and the helper team.
- The extent to which the research sample understands the tests and measurements used.
- The time to draw blood and how to save it and move it quickly.

Measurements and Pretests

The measurements and pretests were carried out for the first and second groups on 1/3/2017, as all the necessary conditions for testing were approved.

Main Procedures

The main experiment is divided into three sections (tribal tests, various methods used and posttests). Therefore, we will look at each section separately, trying to cover it through the vocabulary obtained, taking into account the abbreviation principle while preserving the scientific facts.

Note

Both groups are subject to the same appointments in training.

First Experimental Group

They were given swimming exercises and medical ointments with the training curriculum.

The work in this group is given by medical ointments after training and placed in the evening before bedtime and for a month and a half and three times a week and put medical ointments on the areas where wrinkles and physical training as well as go to the pool after training and giving exercises in the water that help to tighten the muscles and disposal Of the wrinkles and also help to accelerate the healing process of course and will work for three days a week and a month and a half

The Second Experimental Group

The group that was adopted only on the training curriculum for three units per week for a month and a half.

- The intensity of the exercises used by the research sample was (50-75%).
- The entire training time was (1.5-2) hours.
- The diet of the two groups was followed and the calories of the given substances were calculated.
- The two methods of training were used for pregnancy and childbirth.

Measurements and Posttests

Measurements and posttests were carried out on 15/4/2017 after completion of the training curriculum prepared for the two groups, in the method and sequence in which the measurements and tribal tests were conducted.

Results and Discussions

View of the Results of the Tests in the Pretest and Posttest Measurement of the Research Groups and Analysis and Discussion

For the purpose of testing the hypothesis of the research, the researchers used the t-test of the corresponding samples to extract the significance of the differences between the results of the tests in the tribal and post measurements of the two groups of research, as shown in Tables (4) and (5).

Table 4: Shows the computational and standard deviations, the calculated value (t), and the level and type of significance of the first experimental group in the pretest and posttests

Variables	Pretest		Posttest		Mean differences	(t) calculated	Level of significance	Type of significance
	Mean	STD.EV	Mean	STD.EV				
Weight	77.4	1.174	73.5	0.972	3.9	10.301	0.000	Sig.
Circumference of the humerus (constriction)	38.6	1.174	34.7	1.636	3.9	7.415	0.000	Sig.
Chest circumference (inhalation)	94.5	0.527	89.7	1.494	4.8	10.854	0.000	Sig.
Chest circumference (exhalation)	91.7	1.252	87.1	1.101	4.6	13.532	0.000	Sig.

Thigh circumference	59.5	2.506	54.8	2.251	4.7	8.411	0.000	Sig.
Bing Press	110.4	1.713	115.2	1.5492	4.8	9.798	0.000	Sig.
Dead lift	113.2	2.974	117.2	1.9322	4	4.899	0.000	Sig.
Squat	120.6	2.591	125.2	1.23	4.6	6.549	0.000	Sig.
The percentage of fat behind the humerus	11.6	0.8433	8.3	1.059	3.3	8.337	0.000	Sig.
Percentage of Abdominal fat	19.7	2.058	15.6	1.075	4.1	6.403	0.000	Sig.
Percentage of thigh fat	19.4	2.0111	14.7	1.1595	4.7	5.403	0.000	Sig.

Table 5: Shows the mean and standard deviations, the calculated value (t), and the level and type of significance of the second experimental group in the pretest and posttests

Variables	Pretest		Posttest		Mean differences	(t) calculated	Level of significance	Type of significance
	Mean	STD.EV	Mean	STD.EV				
Weight	77.8	1.39841	74.7	1.567	3.1	3.899	0.000	Sig.
Circumference of the humerus (constriction)	38.9	1.10050	36.9	0.738	2	6.708	0.000	Sig.
Chest circumference (inhalation)	94.2	0.919	92.1	1.7288	2.1	3.115	0.000	Sig.
Chest circumference (exhalation)	92.4	1.075	89.9	1.8529	2.5	3.337	0.000	Sig.
Thigh circumference	59.1	2.2828	57.4	0.9661	1.7	2.712	0.000	Sig.
Bing Press	110.4	1.7127	112.3	1.418	1.9	2.520	0.000	Sig.
Deadlift	112.8	3.1198	114.7	1.3375	1.9	2.588	0.000	Sig.
Squat	120.2	2.394	122.9	1.663	2.7	2.793	0.000	Sig.
The percentage of fat behind the humerus	11.9	0.738	10.1	0.738	1.8	5.511	0.000	Sig.
Percentage of Abdominal fat	19.1	1.853	17.5	1.080	1.6	2.667	0.000	Sig.
Percentage of thigh fat	18.8	1.476	16.4	1.7127	2.4	2.64	0.000	Sig.

The results showed that the values of the computational circles for all the variables of the research were higher in the post-test than the tribal test. There was a significant difference between the tests and the post-secondary. The higher the mean, the better the tests were for the tests (Bing Price, Dead lift and squat) Values indicate that the values of the computational circles were lower in the post-test than the tribal tested. The researchers attributed the reason for the development that happened to the members of the two experimental groups is the regularity in the training process and work according to a systematic and systematic approach by the researchers, Strength levels of the muscles of the body, while reducing the measurements of the oceans of the measured parts as a result of burning accumulated fat and also helped use ointments to reduce the proportion of wrinkles and body swimming, which have a large role in the work of the muscles of the body, using training methods to help. "Programmed exercise has a significant impact on performance development"[13].

View and Analyze the Results of the Measurement and Discussion of the Posttests of the two Research Groups

Table 6: Shows the mean and standard deviations, the calculated value of (t), and the level and type of significance between the results of the measurement of the posttests of the two experimental research groups

Variables	First experimental group		Second experimental group		(t) calculated	Level of significance	Type of significance
	Mean	STD.EV	Mean	STD.EV			
Weight	73.5	0.972	74.7	1.56702	3.899	0.004	Sig.
Circumference of the humerus (constriction)	34.7	1.636	36.9	0.737	6.708	0.000	Sig.
Chest circumference (inhalation)	89.7	1.494	92.1	1.729	3.115	0.012	Sig.
Chest circumference (exhalation)	87.1	1.101	89.9	1.853	3.337	0.009	Sig.
Thigh circumference	54.8	2.251	57.4	0.966	2.712	0.026	Sig.
Bing Press	115.2	1.549	112.3	1.418	2.520	0.033	Sig.
Deadlift	117.2	1.932	114.7	1.337	2.588	0.031	Sig.
Squat	125.2	1.229	122.9	1.663	2.793	0.021	Sig.
The percentage of fat behind the humerus	8.3	1.059	10.1	0.738	5.511	0.000	Sig.
Percentage of Abdominal fat	15.6	1.07497	17.5	1.08012	2.667	0.26	Sig.
Percentage of thigh fat	14.7	1.15950	16.4	1.71270	2.640	0.027	Sig.

Table (6) shows the computational environment, standard deviations and the significance of the differences between the results of the tests of the two experimental groups, and by reviewing the results of the tests reached we find that there are significant differences between the measurement of the post tests of the two groups in the variables investigated and for the benefit of the first experimental group.

The researchers attributed the superiority of the first experimental group to the second experiment to use the special exercises to develop the level of muscle strength and focus on exercises that serve muscle strength and burn as much calories as possible in addition to swimming after the completion of exercise, which served the sample in two directions is the first practice the sport of swimming to speed up the recovery of practitioners and the second is that it worked to move all the muscles of the body and the loss of large amounts of calories and gave the muscle more elastic and helped reduce the proportion of wrinkles on the layer of skin.

The second experimental group also witnessed a remarkable development in the level of muscle strength through the use of exercises prepared by the competent trainer. As organized sports training leads to an increase in the efficiency of the work of the functional organs, especially the nervous and musculoskeletal systems, and this is shown directly in the ability of muscles to produce strength and increase the speed of muscle contraction [14]. This is confirmed by Essam Hilmi and Mohammed Jaber both Whitney and Smith Smith in "The increase in the strength of the muscles working in a particular performance to perform this work faster, regardless of the type of exercises used in the strengthening, and that increased neuromuscular compatibility increases the speed of movements because All the muscles involved in the work become better compatible, so that the external resistors can be overcome more quickly " [15].

Conclusions

- Exercise helped reduce body weight and reduce physical wrinkles.
- Diversification in the use of exercises helped to increase the desire sample in their application and worked to create the character of competition.
- Diversification in the exercise contributed to break the routine for the long time of exercise exercises
- Increase the physical viability of the research sample and increase the health fitness

- The sense of individuals practicing the desire to continue to apply exercises to improve their physical abilities and increase the consistency of their bodies by reducing the proportion of wrinkles body.

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Appendix 1: Model of a training unit

Week: First **Training unit:** First (strength training and swimming practice)
Special aim: Power Development **Day:** Monday

Unit Sections	Exercises	Intensity	Repetition * Groups	Performance Time	Rest between		Total Time
					Repetition	Groups	
the main	Bing press	60%	2/5×12	30Sec.	1Min	2.30 Min	15.30Min
	Deadlift	55%	3×3×10	30Sec.	1Min	3Min	15Min
	Back squat	60%	2×3×20	1Min	1Min	2.30 Min	14.30Min
	Front squat	50%	2×2×15	1Min	1Min	3Min	9Min

	Abdomen workout on the bench with a weight of 10 kg on the chest	55%	2×4×25	30Sec.	1Min	3Min	13Min
	Swimming for 100 meters	50%	2×2×3	1Min	1Min	3Min	15Min
Total							82Min

