

Impact of Preventing Pregnancy Methods and Their Relationships with the Level of Growth Fitness Body Health housewife Case Women Newlyweds

Zerf Mohammed*

Physical Education Institute Laboratory OPAPS, University of Mostaganem, Mostaganem, Algeria

*Corresponding author: biomeca.zerf@outlook.com

Abstract Our aims for this study interest on the Preventing Pregnancy Methods based on the pills contraceptive or the calculus of cycle of ovum women. From that, our aims upon the effect of physical activity on the improvement of the Fitness Body Health. Based on the Medical studies similar that, the effects of low-dose estrogen oral contraceptives on weight, body composition, and fat distribution in young women. For homogeneity of our Samples, we have calculated the age and five-test fitness, for 20 participants' voluntaries Housewife women Newlyweds average age ≤ 24 for the duration of four cycles of ovum. Where we distributed in four groups based on plan experimental (group1 take Pill and practice sport, group2 take Pill and do not practice sport, group3 do not take Pill and practice sport and group 4 do not take Pill and do not practice sport) and the same marital lifestyle. From that, our assessment was based on the analysis of the Anova and LSD, correlation Paired Samples Test to compare implementations of the proposed conditions as limits of this modest study, we confirm: 1. The proposed conditions Prevent pregnancy. 2. Sport decreased Body Fat and promoted positive Fitness Body Health. 3. Taking the pill in the lack of sport practice promoted increase of Body Fat, which contribute to negative Fitness Body Health. 4. There is a strong positive relationship between body fat and the proposed conditions to back off or develop the Fitness Body Health.

Keywords: *preventing pregnancy methods, fitness body health, housewife women newlyweds*

Cite This Article: Zerf Mohammed, "Impact of Preventing Pregnancy Methods and Their Relationships with the Level of Growth Fitness Body Health housewife Case Women Newlyweds." *American Journal of Sports Science and Medicine*, vol. 3, no. 5 (2015): 90-95. doi: 10.12691/ajssm-3-5-2.

1. Introduction

As long the description of the human reproductive system, discusses the advantages and disadvantages of each birth control technique, and looks at the future of contraceptive research [1], where the history of Pill returns at 1960, where the U.S. Food and Drug Administration (FDA) approved the use of oral hormonal contraceptive agents for women. From that, the pill continues to be popular that today 60 million women use birth control pills thing confirmed by Rachel Snow (2012) [2] that, the pill has become one of the most widely prescribed drugs in history. Moreover, the contraceptive pills contain hormones that prevent a woman's ovaries from producing a mature egg [3]. In another Sandra J (2004) [4] confirm that, the result of the cooperative reanalysis of fifty-four studies (53,000 women with breast cancer and 100,000 women as controls) that examined the relationship between birth control pills and breast cancer. The importance of this topic Came from the growing body of evidence indicates that women experience improved health-related physical fitness and reduced fatigue through exercise physical [5], which Thomas (2012) [6] explains in Perceptions of health and fitness may be better

predictors of self-esteem than appearance evaluation. Where the Physical exercise can improve perceptions of mastery of the body and can have a positive impact on life of men and women. Concept approved by Committee on Body Composition, Nutrition, and Health of Military Women, Institute of Medicine, Food and Nutrition Board, (1998) [7] that, The Relationship of Body, Composition Military Women, are based on the evaluation of the control of Nutrition, and Health. Think approved by Ballor D (1995) [8] that, a meta-analysis of the factors affecting exercise-induced changes in body mass, fat mass and fat-free mass in males and females. Where IDEA Health & Fitness (2003) [9] confirms that the Promoting Health Habits To Reduce-the Risk of Amenorrhea whereas the regarding appearance, weight and body fat have a great impact on Opinion women. According to Patricia Floyd (2007) [10] the surgeon general's report, 25% of women are sedentary and more than 60% do not exercise regularly think Positive effects on blood lipids (fats) and stress that's Improves the body's metabolism. Whereas Hales (2000) [11] confirms that, the assessing health and fitness refers to the relative amounts of two bodily components: lean Fitness and Health Percentage of body fat in other Michele Kettles (2006) [12] confirm that, the Effects of low-dose estrogen oral contraceptives on weight, body composition, and fat distribution in young

women. In other Richard K(2000) [13] set that, to use a case-control study to examine the relationship between birth control pills we must select a study group of women who have had pills and a group of otherwise. From those cases the importance of this study are to detect the relationship between the proposed method and their effect on the Fitness Body Health Housewife case the Women Newlyweds.

2. Material and Methods

This study is based on the tests Fitness Standards for Women U.S. Federal Government (2015)[14]for four cycle of ovum. Our intervention in this study were to repertoire the sample in homogeneous groups.

- For the conditions, we are focused on:
- The same marital lifestyle education and the social status.

- Both gender able to birth and the same numbers and dates Sexual intercourse.
- All participants do not practice in sport activate previously before the start of the experiment.
 - For the funnily, of the experience we distributed the sample based on:
- Test Fitness Standards for Women [14]
- Voluntary commitment to apply the conditions chosen for this experience:
 - *group1 take Pill and practice sport* group2 take Pill and do not practice sport
 - *group3 do not take Pill and practice sport *group4 do not take Pill and do not practice sport
 - for sport choose to be practical (group1 and group3)
- They chooses wimming as basis aerobic exercise program.
- For Three days a week with three hours per Weeks.

Table 1. shows the Fitness norms tests Category: Age 20-29 [14]

	% Body Fat	Sit and Reach	Push-Ups	Sit-Ups	1.5 Mile Run
Superior	<10.9	>24.4	- - -	>50	<10:48
Excellent	10.9-17.1	22.5-24.4	>24	44-50	10:48-12:51
Good	17.2-20.6	20.5-22.4	20-24	38-43	12:52-14:24
Fair	20.7-23.7	19.3-20.4	14-19	32-37	14:25-15:26
Minimum	22.1	18.3-19.2	16	35	14:55
Poor	23.8-27.7	17.0-18.2	9-13	27-31	15:27-16:33
Very Poor	>27.7	<17.0	<9	<27	>16:33

The subjects were 20Housewife Women Newlyweds, their average age≤24 and their Anova tests fitness in all the comparison are not significant see Table 2

3. Data Collection

3.1. Subjects:

Table 2. Description homogeneous groups pretest Fitness Results of Our Samples

test		GROUP1	GROUP2	GROUP3	GROUP4	F	Sig.
% Body Fat	Mean	18.88	18.83	18.81	18.83	.003	0.99
	SD	1.29	1.36	1.41	1.19		
Sit and Reach	Mean	17.52	17.59	17.57	17.59	0.04	1
	SD	0.97	1.21	1.15	1.00		
Push-Ups	Mean	11.60	11.40	11.60	11.40	0.016	0.98
	SD	1.14	2.07	2.07	2.70		
Sit-Ups	Mean	43.60	43.20	43.60	43.40	0.13	0.94
	SD	1.14	1.30	1.14	1.14		
1 Mile Run	Mean	11.40	11.29	11.38	11.35	.003	0.99
	SD	0.55	0.60	0.61	0.67		

4. Data Analysis

Based on the data retests and the data analysis procedures used in this study consisted of the computation of the means, standard deviations, the Anova with the LSD and Correlation Paired Samples. We have chosen the Descriptive statistics where we have calculated the conditions chosen for this experience. With a Significance level was set at 0.05. Statistical procedures were done using SPSS 21.0.

From the Table 3 as the Search limits, we confirm that all the comparison data analysis in the retests are

significant in the benefited of the group 1 and 3. where our results line with the confirmation of LopezLM (2013) [15] and Chebet JJ [16] side effects of the pills contraceptive consistently in weight gain and fatigue case of the group 2 which take Pill and do not practice sport. From the proofs, we line with John Saxton (2010) [5] which confirm that growing body of evidence indicates that, women experience improved health-related physical fitness and reduced fatigue through exercise physical as well that, Exercise also promotes decreases in body weight and fat stores [17]. For Michele Kettles (2006) [18] he confirm that any use of medications should be directed by a qualified healthcare where Vincent Antoinette [19] set that those Everyone should have a medical assessment,

or exam, before starting a medical or physical fitness program which we consider as advice for group 2 and 4.

Table 3. Description retest Fitness Results of Our Samples

Fitness Results		GROUP1	GROUP2	GROUP3	GROUP4	F	Sig.	Correlation	Sig.								
% Body Fat	Mean	18.97	21.11	19.02	19.48	3.46	.041	.718	.000								
	SD	1.22	0.77	1.47	1.26												
LSD % Body Fat	GROUP1	---	-2.14*	-.05	-.51												
	GROUP2	2.14*	----	2.09*	1.63*												
	GROUP3	.05	-2.09*	---	-.46												
	GROUP4	.51	-1.63*	.46	---												
Sit and Reach	Mean	18.61	16.85	19.46	17.40					5.57	.008	.660	.002				
	SD	1.03	1.09	1.05	1.27												
LSD Sit and Reach	GROUP1	---	1.76*	-.85	1.21												
	GROUP2	-1.76*	----	-2.61*	-.56												
	GROUP3	.85	2.61*	----	2.05*												
	GROUP4	-1.21	.56	-2.05*	---												
Push-Ups	Mean	12.69	10.01	12.95	10.51									3.35	0.04	.797	.000
	SD	1.16	1.47	1.73	2.62												
LSD Sit-Ups	GROUP1	----	2.68*	-.26	2.18												
	GROUP2	-2.68*	----	-2.94*	-.50												
	GROUP3	.26	2.94*	---	2.44												
	GROUP4	-2.18	.50	-2.44	---												
Sit-Ups	Mean	44.77	41.88	45.30	42.54	8.47	.001	.711	.000								
	SD	1.26	1.45	1.18	1.21												
LSD Sit-Ups	GROUP1	---	2.89*	-.53	2.23*												
	GROUP2	-2.89*	---	-3.42*	-.66												
	GROUP3	.53	3.42*	----	2.75*												
	GROUP4	-2.22*	.66	-2.75*	---												
1 Mile Run	Mean	10.82	12.30	10.69	11.84					5.67	.01	.474	.035				
	SD	0.78	0.78	0.37	0.81												
LSD 1 Mile Run	GROUP1		-1.48*	.13	-1.02*												
	GROUP2	1.48*	---	1.61*	.47												
	GROUP3	-.13	-1.61*	---	-1.15*												
	GROUP4	1.02*	-.46	1.15*	---												

5. Results and Discussion

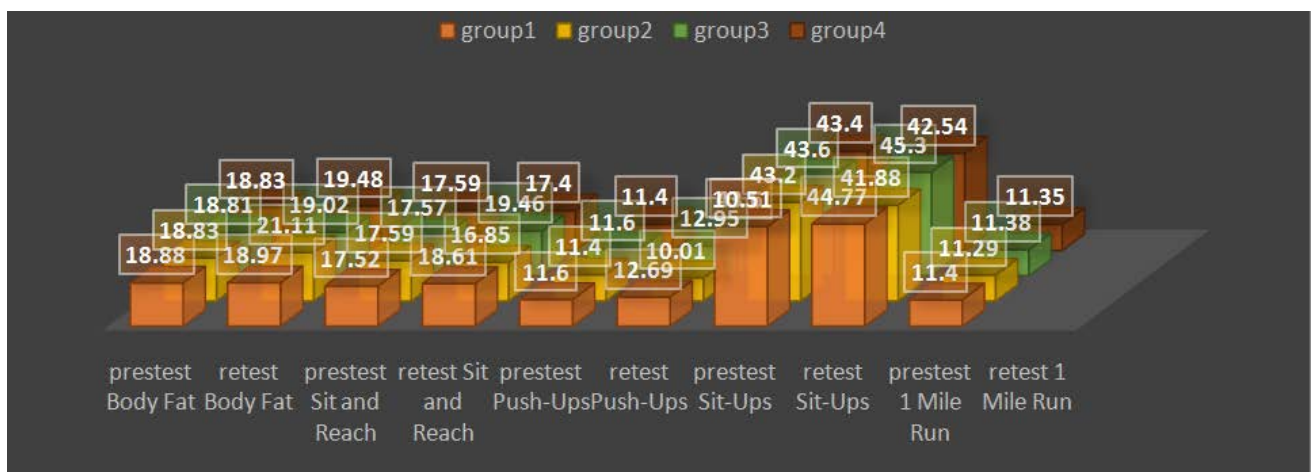


Figure 1. shows the comparison of the fitness results of our samples between the pretests and the retests

From the [Table 3](#) through the [Figure 1](#), where the means are in the benefit of group 1 (Pill no sport), and group 3 (no Pill and practice sport) in all the comparison data analyses retest, we confirm that the practice of sport decrease body fat which conserve and develop the Fitness Body Health Housewife Women case Newlyweds. Where our results straight group 4 (no Pill and do not practice sport) is better than the group 2 (Pill and do not practice sport) in all the comparison data analyses retest. We line with the diagnostic of Dagny Scott (2000) [\[20\]](#) that, Birth Control Pill Side Effects Researchers disagree about the impact of birth control pills on athletic performance. Where the same hormones that the Pill regulates to prevent pregnancy can affect the way your body feels and functions. In our case we agreed with the clarification of Susan E. Hankinson (2002) [\[21\]](#) that medical Studies have shown that body fat begins to have adverse effects on health in our case the groups which do not sport and take Pill.

6. Discussion and Conclusion of Our Experience

Through our results where practice swimming is a great way to suit every fitness level and will help reduce body fat [\[22\]](#). Our Discussion will be based on the effect of the pills contraceptive and their side effects and the necessity of practice sport case the women house. Where our background medical studies confirm that their effect consistently in weight gain and fatigue [\[16\]](#) where Clode bouchard (2010) [\[23\]](#) confirms that, Relationship body weight as resistance with repetitive motion or physical activity return to the composition of the body mass and its Relationship with the Obesity and the Straight Power. Whereas Henriques A (2015) confirms that the woman which take Pill risks weight increase progressively more with increasing fertile time [\[24\]](#). From the approved of Lopez LM (2013), [\[14\]](#) and Chebet JJ [\[15\]](#) side effects were consistently in weight gain and fatigue, our discussion based on the body weight as resistance that requires a large force to move it. Our account of the Anova, LSD and paired correlation in [Table 3](#), we confirm:

- For the % Body Fat we agreed with Rose E. Frisch (2004) [\[25\]](#) that Female Fertility and the Body-Fat Connection is a cornerstone to understanding the health of girls and women. Our results confirm that it has a strong positive correlation between methods and Fitness Body Health where the conditions in case two taking pill and do not practice sport as group 2 foster the obesity. Where all Comparisons multiple differences are for the benefit of group 3 who practices traditional or hoods method and makes sport followed by the group 1 who take pill and practices sports, for the group 4 the Statistics classified it in the penultimate group Fitness Body Health. Thing whom we confirm that the regularity practice of activity physique increase the Fitness Body Health cases group 1 and 3. Whereas, included the pill in life conjugal without partied sports increase the weight case group 2. Where our results are consistent with Linda Lewis Alexander (2013) [\[26\]](#) that, the Side Effects several pill contraceptive, are in obese women. Thing confirmed in the study of

Richard K (2005) [\[27\]](#) that, the side effects of birth control pills was conducted by comparing 1,000 young women taking the pill with 1,000 young which doesn't take it where the study was conducted to the relationship between obesity and menstrual regularity.

- For the test Sit and Reac has flexibility physical quality [\[28\]](#) we agreed with Wener Hoeger (2014) To perform this test, you will need the Acuflex, where our results confirms it has a strong positive correlation between methods and Fitness Body Health. Where our results confirm the impact of the increase of the % Body Fat our results which affirming the judgment of Peter J. Maud (2006) [\[29\]](#) that, the relationship between strength and flexibility will result in agonist-antagonist imbalance. Where Cissik (2015) [\[30\]](#) explains, in relation strength with body weight by comparing the wattage, we can see that the heavier athlete produced more power because he or she had to move a greater mass. Logical thing that the woman must requires much strength to lift his overweight. That Roger Eston (2013) [\[31\]](#) explains on the fixed external resistive force might not satisfy muscle force velocity relationships, so values of peak power output are probably affected adversely.
- For Push-Ups test as strength physical quality were the test evaluate muscular fitness of the upper body [\[32\]](#) our results confirm it has a strong positive correlation between methods and Fitness Body Health. Where our results confirm the impact of the increase of the % Body Fat our results which affirming the judgment of Cissik John (Cissik, John, Dawes, Jay 2015) that, comparison of strength in relation with body weight by comparing the wattage, we can see that the heavier athlete produced more power because he or she had to move a greater mass. Logical thing that the woman must require much strength to lift his overweight. Where Robert Lynn Carroll (1997) [\[33\]](#) explains it in The relationship between the force of gravity and the capacity of muscles to produce power for flight acts as the ultimate constraint to the mass thing consisting with the judgment of Lopez LM (2013) [\[14\]](#) and Chebet JJ [\[15\]](#) side effects of pills method are consistently in weight gain and fatigue. in other Judith Brown (2013) confirm that the increase of estrogen in the female body increases body fat as a risk for these results [\[34\]](#)
- For Sit-Ups test as strength, physical quality where Daniel N. Kulund (1982) [\[35\]](#) set that this test has been picked as a test of muscular endurance [\[36\]](#) our results confirm it has a strong positive correlation between methods and Fitness Body Health. Where our results are consistent with Dawes, Jay (2015) (Cissik, John, Dawes, Jay 2015) that, comparison of strength in relation with body weight by comparing the wattage, we can see that the heavier athlete produced more power because he or she had to move a greater mass. Logical thing that the woman must require much strength to lift his overweight. Where the Recent research has shown that the loss of muscle power (the ability to produce force quickly) are due to the loss of muscle mass, which contributes to the overall decline in lean body mass (the mass of the

body—muscles) not overweight [37]. Thing consisting with the judgment of Lopez LM (2013) [14] and Chebet JJ [15] side effects of pills method are consistently in weight gain and fatigue.

- For 1.5 Mile Run test as endurance physical quality our results confirm it has a strong positive correlation between methods and Fitness Body Health where the conditions in case two taking pill and do not practice sport as group2 foster the obesity. Where our results are consistent of Neil Armstrong (2008), [38] that, the effectiveness of body mass ratio to produce a size-free performance variable can be judged. By the relationship between consumption V02 and representation anaerobic power. Thing consisting with the judgment of Lopez LM (2013) [14] and Chebet JJ [15] side effects of pills method are consistently in weight gain and fatigue.

As to conclude we refer to John McLester (2007) [39] that, the ability to produce human power are in the % muscle mass. Where we confirm that increasing body mass also increases power. Where McCole (2) showed a similar relationship among oxygen consumption, speed, and body weight [40].

From the approved, our results line with Philip Maffetone (2012) [41] (2015) [42] that, a woman who is taking birth control pills. These medications have potential side effects that can impact on health can adversely affect muscles, metabolism, and other systems of the body that promote health and fitness For after a few monthly cycles of taking the pill Jane (Kelly Kosek (2000)) [43].

However, Rachel Snow (2012) [44] confirms that, the Steroid Pharmacokinetics Side-Effects in the Body fat, and the menarche dispositive to keep fitness health as fertility to Confront life. For our experience on this topic, we agreed with Niels H (2000) [45] that, our modest study is Offering comprehensive, easy-to-understand answers to questions about Housewife women's Newlyweds bodies and health conjugal life. Since the Oral [46], contraceptives are used more than 50 years and are very popular due to offering more than 99% confidence in preventing pregnancy. Over 100 million women worldwide use oral contraceptives. In the UK 27% of women between 16 and 49 y. use pills. In the United States, they are about 30%, in Germany - 40%, and in The Netherlands - 60%. According to a study by Sirakov M, Tomova E (2015) [46], based on the rapport of B. Pehlivanov (2008), which focus on their influence on weight gain, bloating etc. We agreed with Vincent Antoinette [47] that women must should have a medical assessment and physical fitness program. in the case of our women study we suggest:

- Using pill as to prevent pregnancy requires playing sports to remove side effects Body Fat, which decrease weight and back off the Fitness Body Health.
- Using calculus of cycle of ovum Method or hoods to Preventing Pregnancy requires playing sports to develop physical qualities Fitness Body Health.
- Side effects more returns to domestic lifestyle choice by the woman and her partner.

Our results and recommendation

- The proposed conditions Prevent pregnancy.
- The daily control of body weight.

- Sport decreased weight and promoted positive Fitness Body Health.
- Taking the pill increased weight in the lack of sport practice which promoted negative Fitness Body Health
- There is a strong positive relationship between body fat and the proposed conditions toback off or develop the Fitness Body Health.

Our aim

- Using sport develop the Fitness Body Health.
- Creation Housewife Women's sports associations.
- Study the problem posed in other similar studies.
- Take advantage of this study in the assessment Fitness Body Health Housewife Women newlyweds.

References

- [1] Howard I. Shapiro, The new birth-control book: a complete guide for women and men, USA: Prentice Hall Press, 1988, p. 41.
- [2] Rachel Snow, Peter Hall, Steroid Contraceptives and Women's Response, usa: Springer Shop, 2012, p. 256.
- [3] Mayo Clinic, Mayo Clinic Guide to Living with a Spinal Cord Injury, USA: Demos Medical Publishing, 2009, p. 97.
- [4] Sandra J. Judd, Basic Consumer Health Information about Breast Cancer, USA: Omnigraphics, Incorporated, 2004, p. 150.
- [5] John Saxton, Amanda Daley, Exercise and Cancer Survivorship: Impact on Health Outcomes and Quality of Life, UK: Springer Shop, 2010, p. 37.
- [6] Thomas F. Cash, Linda Smolak, Body Image: A Handbook of Science, Practice, and Prevention, USA: Guilford Press, 2012, p. 98.
- [7] Committee on Body Composition, Nutrition, and Health of Military Women, Institute of Medicine, Food and Nutrition Board, Assessing Readiness in Military Women, USA: National Academies Press, 1998.
- [8] Ballor D, Keeseey R, Recommendations for Research on the Health of Military, USA: Women, 1995.
- [9] IDEA Health & Fitness, Inspire Women to Fitness, 2003: IDEA Health & Fitness Assoc., 2003, p. 29.
- [10] Patricia Floyd, Sandra Mimms, Caroline Yelding, Personal Health: Perspectives and Lifestyles, USA: CengageBrain.com, 2007, p. 363.
- [11] Hales, Ie Inv Fitness/Well W/Log, Brooks/Cole, 2000, pp. 160-172-173.
- [12] Michele Kettles, Colette L. Cole, Brenda S. Wright, Women's Health and Fitness Guide, USA: Human Kinetics, 2006, p. 242.
- [13] Richard K. Riegelman, Studying a Study and Testing a Test: How to Read the Medical Evidence, Volume 1, USA: Lippincott Williams & Wilkins, 2000, pp. 7-8.
- [14] U.S. Federal Government, "Fitness Standards for Women," 01 01 2015. [Online]. Available: http://www.usmarshals.gov/careers/fitness_women.html. [Accessed 12 05 2015].
- [15] "Progestin-only contraceptives: effects on weight.," *Cochrane Database Syst Rev*, vol. 2, no. 7, pp. 2-7, 2013.
- [16] Chebet JJ, McMahon SA, Greenspan JA, Mosha IH, Callaghan-Koru JA, Killewo J, Baqui AH, Winch PJ., "Every method seems to have its problems"- Perspectives on side effects of hormonal contraceptives in Morogoro Region, Tanzania.," *BMC Womens Health*, vol. 1, no. 97, pp. 3-15, 2015.
- [17] Sana Loue, Martha Sajatovic, Keith B. Armitage, Encyclopedia of Women's Health, UK: Springer Shop, 2004, p. 258.
- [18] Michele Kettles, Colette L. Cole, Brenda S. Wright, Women's Health and Fitness Guide, USA: Human Kinetics, 2006, p. 96.
- [19] William Jackson Davis, The miracle workout: the revolutionary 3-step program for your perfect body, USA: Ballantine Books, 2005, p. 228.
- [20] Dagny Scott, Dagny Scott Barrios, Runner's World Complete Book of Women's Running: The Best Advice to Get, USA: Rodale, 2000, p. 197.

- [21] Susan E. Hankinson, JoAnn E. Manson, Graham A. Colditz, Healthy Women, Healthy Lives: A Guide to Preventing Disease, USA: SimonandSchuster.com, 2002, p. 294.
- [22] Lucy Wyndham-Read, Body Toning for Women: Bodyweight Training | Nutrition | Motivation, USA: Meyer & Meyer Verlag, 2015, p. 150.
- [23] Clode bouchard & all, Physical Activity and Obesity-2nd Edition, USA: Human Kinetics, 2010, p. 316.
- [24] Henriques A, Severo M, Alves L, Barros H, Azevedo A., "Weight change and its determinants in Portuguese adult women: a longitudinal analysis in the EPIPorto cohort," *J Epidemiol Community Health*, 2015.
- [25] Rose E. Frisch, Female Fertility and the Body Fat Connection, UK: University of Chicago Press, 2004, p. 1.
- [26] Linda Lewis Alexander, New Dimensions in Women's Health, USA, 2013, p. 107.
- [27] Richard K. Riegelman, Studying a Study and Testing a Test, USA: Wolters Kluwer Health, 2005, p. 30.
- [28] Wener Hoeger, Sharon Hoeger, Lifetime Physical Fitness and Wellness, USA: CengageBrain.com, 2014, p. 283.
- [29] Peter J. Maud, Carl Foster, Physiological Assessment of Human Fitness, USA: Human Kinetics, 2006, p. 228.
- [30] Cissik, John, Dawes, Jay, Maximum Interval Training, USA: Human Kinetics, 2015, p. 250.
- [31] Roger Eston, Thomas Reilly, Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, USA: Routledge, 2013, p. 311.
- [32] Cheryl L. Hyde, Fitness Instructor Training Guide, USA: Kendall Hunt, 2002, p. 23.
- [33] Robert Lynn Carroll, Patterns and Processes of Vertebrate Evolution, UK: Cambridge University Press, 1997, p. 276.
- [34] Judith Brown, Janet Isaacs, Bea Krinke, Ellen Lechtenberg, Maureen Murtaugh, Nutrition Through the Life Cycle, USA: CengageBrain.com, 2013, p. 74.
- [35] Daniel N. Kulund, The Injured athlete, USA: Lippincott Williams & Wilkins, 1982, p. 91.
- [36] Frank Galligan, David White, GCSE PE for OCR, USA: Heinemann, 2001, p. 68.
- [37] Kay A. Van Norman, Exercise and Wellness for Older Adults-2nd Edition: Practical Programming, USA: Human Kinetics, 2010, p. 19.
- [38] Neil Armstrong, Willem van Mechelen, Paediatric Exercise Science and Medicine, UK: Oxford University Press, 2008, p. 13.
- [39] John McLester, Peter St. Pierre, Applied Biomechanics: Concepts and Connections, USA: CengageBrain.com, 2007, p. 146.
- [40] William E. Garrett, Donald T. Kirkendall, Exercise and Sport Science, USA: Wolters Kluwer Health, 2000, p. 760.
- [41] Philip Maffetone, The Big Book of Health and Fitness, USA: skyhorse publishing, 2012, p. 249.
- [42] Philip Maffetone, The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, USA: skyhorse publishing, 2015, p. 200.
- [43] Jane Kelly Kosek, Allison McNeill, Healthy Living: Nutrition, personal care & hygiene, sexuality, physical fitness, environmental health, USA: U X L, 2000, p. 74.
- [44] Rachel Snow, Peter Hall, Steroid Contraceptives and Women's Response, USA: Springer Shop, 2012, p. 185.
- [45] Niels H. Lauersen, Eileen Stukane, Listen to Your Body: A Gynecologist Answers Women's Most Intimate Questions, USA: SimonandSchuster.com, 2000, p. 1.
- [46] Sirakov M, Tomova E., "ORAL CONTRACEPTIVES AND MOOD/SEXUAL DISORDERS IN WOMEN," *Akush Ginekol (Sofia)*, vol. 54, no. 5, pp. 34-40, 2015.
- [47] Vincent Antonetti, PhD, Total Fitness for Women - U.K. Edition, U.K: no paper press, 2013, p. 8.