

## Which Causal Relationship Established the Effect of the Control Technique Contraceptives On Weight Gain Case Housewives Newlyweds.

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### Abstract

Our objective in this modest study interest focus on the adverse effects of the contraceptive control technique, where the exposure to the topic leads to divergent views in the judgments of the Causal relationship, which established the Effect of the control technique contraceptives. Whereas some medical clinical similar studies confirm that, the side effects of the pills contraceptive consistently in weight gain and fatigue due to the adverse effects contraceptives on weight body composition fat distribution in young women. Some sports medical studies confirm that, their effects consisted in small changes in body weight and body composition associated with the take of the contraceptives in women sport. Through the above, our 20 voluntaries participants Samples were distributed into two group's homogeneous experimental conditions. Basing on their average age  $\leq 24$  and five-test fitness. (G1: group1 take Pill and practice sport with the G2: group2 do not take Pill and practice sport) as a condition experimental 1 and (G3: group3 take Pill and do not practice sport with G4: group4 do not take Pill and do not practice sport) as a condition experimental 2, for four cycles of ovum with same marital lifestyle. As a statistical processing, we used the independent Samples T test, Paired T-test and correlation Paired, Samples Test to confirm or reject the Causal relationship between the control technique contraceptives and weight gain.

Base on the analyses statistics of the two conditions experimental chosen as an experimental plan

We confirm:

- The proposed control technique Prevent pregnancy.
- The pills contraceptive increase the Body Composition, which Decline the level of Body Health fitness case condition experimental 2.
- Sport decreased the Body fat and improved the level Body Health fitness case condition experimental 1.
- There is a strong positive relationship between control technique contraceptives and the Body Composition where the technique contraceptive and lifestyle effect the level of the body health fitness.

**Keywords:** birth control technique, Body Health Fitness, Housewives case Newlyweds.

## Introduction

Discuss the human reproductive systems, we exposed to the ethical debates from birth control to infertility (Kara Rogers, 2010). Where the history of Pill which returns at 1960, we reveal that the U.S. Food and Drug Administration (FDA) approved the use of oral hormonal contraceptive agents for women according to (Howard I. Shapiro, 1988). Seeing its importance in the prevention of pregnancy the pill became one of the most widely prescribed drugs in history based on the confirmations of (Sandra J. Judd, 2004), (Rachel Snow, Peter Hall, 2012) and (Sirakov M, Tomova E. 2015). Whereas, the medical clinical similar studies signal that the contraceptive pills contain hormones, which prevent a woman's ovaries from producing a mature egg (Mayo Clinic, 2009). Where (John P. Bilezikian, Lawrence G. Raisz, T. John Martin, 2008) mentioned that the examination of detrimental side effects on the musculoskeletal and reproductive systems needs to be thoroughly addressed. From the proof, our aims came to focus on studying the Effect of the contraceptive control technique on Body Health Fitness where the evidence shows that, health women is related to the level physical fitness, which reduced the fatigue (John Saxton, Amanda Daley, 2010). Things confirm by (Thomas F. Cash, Linda Smolak, 2012) who mentioned that, health and fitness are the predictors of self-esteem comparing to appearance evaluation in women's behavior. Where the (Military Women, Institute of Medicine, 1998) affirm The Relationship of Body Composition and practice of the Physical exercise. Otherly said (Ballor D, Keesey R, 1995) confirm that the exercise-induced changes in body mass, fat mass and fat-free mass in females. Where (IDEA Health & Fitness, 2003) reveal that, the Promoting Health Habits to Reduce-the Risk of Amenorrhea. Whereas (Morteza Abdollahi, Mary Cushman, Frits R. Rosendaal, 2003) confirm that oral contraceptive farther increases the effect of obesity. Since the regarding appearance have a great impact on Opinion women. Our mediation in this study is based on the confirmation of (William J. Kraemer, A. D. Rogol, 2008) who set that, the impact associated with oral Contraceptive has a small change in female athlete. While (Nathalie Boisseau, Martine Duclos, Auteur Michel Guinot, Michel Guinot, 2009) warns this Effect in female athletes. Our involvement based on progress report set by (Patricia Floyd, Sandra Mimms, Caroline Yelding, 2007) that the surgeon general's report, 25% of women are sedentary and more than 60% do not exercise regularly thing Positive effects on blood lipids (fats) and stress that's Improves the body's metabolism. Whereas (Hales, 2000) reveal that, the assessing health and fitness refers to the relative amounts of two bodily components: lean Fitness and Health Percentage of body fat. While (Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006) confirm that, the Effects of pills contraceptives on the fat distribution in young women. Base on similar studies conflicts judgments, our evocations revolve on the adverse effects of the contraceptive control technique on Body Composition and their relationship with the fitness Body Health Housewives.

## Method

Our assessments are based on the background (Maria F Gallo, Lauren M Lopez, David A Grimes, Florence Carayon, Kenneth F Schulz, Frans M Helmerhorst, 2014) who confirm that, weight gain is often considered a side effect of pills contraceptives where many women and clinicians believe that an association exists. However, a causal relationship between pills contraceptives and weight gain has not been established. While (Chebet JJ, McMahon SA, Greenspan JA, Mosha IH, Callaghan-Koru JA, Killewo J, Baqui AH, Winch PJ. 2015) set that the Respondents detailed, side effects weight gain and fatigue. From this conflict, as specialist on evaluation sportive we refer to the Military Women, Institute of Medicine, (1998), which affirm the importance of Physical exercise. Where our evaluation methods were based on the Fitness Standards tests for Women U.S. Federal Government (2015) for four cycle of ovum.

## Design

To control the random variables our sample were repertoire in homogeneous groups based on two condition experimental:

For the conditions, we are focused on:

- ❖ The same marital lifestyle education and the social status.
- ❖ Both genre in good health - able to give birth and the same numbers and dates Sexual intercourse.

For the finality, of the experience we distributed the sample based on:

- ❖ Test Fitness Standards for Women (U.S. Federal Government, 2015)
- ❖ Voluntary commitment to apply the conditions chosen for this experience:
  - Condition experimental 1 practice sport :
    - \*G1: group1 take Pill \*G2: group2 take Pill
  - Condition experimental 2 do not practice sport:
    - \*G3: take Pill \*G4: do not take Pill

For sports practice our two group choose swimming three sessions per Weeks for one hour per sessions with specialized trainers of physical education and sport

## Materials

Our evaluation methods were based on the Fitness Standards tests for Women U.S. Federal Government (2015) for four cycle of ovum. **See table 1.**

**Table 1. Fitness norms tests Category: Age 20-29 (U.S. Federal Government, 2015)**

	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

## Procedure

Our Samples were 20 Housewives Newlyweds distributed in two groups homogeneous, based on Conditions experimental. Where their average age  $\leq 24$  and their homogeneity were calculate based on the independent T-test present in the table 2.

**Table 2. Description pre-test Fitness body health Results from the condition experimental**

Fitness Results pre-tests			Mean	SD	independent pre-test	Sig.
% Body Fat	Condition experimental 1	G1	18.89	1.29	.082	.937
		&G3	18.81	1.41		
	Condition experimental 2	G2	18.83	1.36	-.025	.981
		&G4	18.82	1.18		
Sit and Reach	Condition experimental 1	G1	17.52	0.97	-.068	.947
		&G3	17.57	1.15		
	Condition experimental 2	G2	17.58	1.21	-.073	.944
		&G4	17.60	1.00		
Push-Ups	Condition experimental 1	G1	11.60	1.14	-.037	.971

		&G3	11.62	2.07		
	Condition experimental 2	G2	11.40	2.07	-.013	.990
		&G4	11.41	2.70		
Sit-Ups	Condition experimental 1	G1	43.60	1.14	-.027	.979
		&G3	43.62	1.13		
	Condition experimental 2	G2	43.20	1.30	-.258	.803
		&G4	43.40	1.14		
1,5 Mile Run	Condition experimental 1	G1	11.40	0.55	.033	.975
		&G3	11.38	0.61		
	Condition experimental 2	G2	11.29	0.60	-.139	.893
		&G4	11.35	0.67		

## Results

Base on the hypothesis that, the causal relationship between combination contraceptives and weight gain has not been established to the literature review, which revealed us that, the use of the pills contraceptive increase the Body Composition, where sport decreased the Body fat and promised the live of body health. Our data analysis procedures used in this study consisted of the computation of the means, standard deviations, the independent T retest, T- Paired Samples and Correlation Paired, Samples. We have chosen the Descriptive statistics where we have calculated the conditions chosen (pill with sport and pill no sport) as plain for this experience. With a Significance level was set at 0.05. Statistical procedures were done using SPSS 21.0.

**Table 3. Described the level of fitness body health as External comparison between the two case chosen to study**

Fitness Results pre-tests			Mean	SD	independent pre-test	Sig.
% Body Fat	Condition experimental 1	G1	18.97	1.22	-0.08	.93
		&G3	19.02	1.47		
	Condition experimental 2	G2	21.11	0.77	3.32	0.01
		&G4	19.48	1.26		
Sit and Reach	Condition experimental 1	G1	18.61	1.03	-1.92	0.09
		&G3	19.46	1.05		
	Condition experimental 2	G2	16.85	1.09	-0.79	0.44
		&G4	17.40	1.27		
Push-Ups	Condition experimental 1	G1	12.69	1.16	-0.23	0.82
		&G3	12.95	1.73		
	Condition experimental 2	G2	10.01	1.47	-0.18	0.85
		&G4	10.51	2.62		
Sit-Ups	Condition experimental 1	G1	44.77	1.26	-0.54	0.59
		&G3	45.30	1.18		
	Condition experimental 2	G2	41.88	1.45	-0.70	0.50
		&G4	42.54	1.21		
1,5 Mile Run	Condition experimental 1	G1	10.82	0.78	0.59	0.56
		&G3	10.69	0.37		
	Condition experimental 2	G2	12.30	0.78	-1.93	0.08
		&G4	11.84	0.81		

From the Table 3 as External comparison between the two Condition experimental chosen to study, we confirm that not all the comparisons with the independent T retest are significant in the results as External comparison. While the independent T retest, case Condition experimental 2 are significant in body fat and 1,5 Mile Run retest in the benefited of G4 compared with G3 on the other hand all de comparison Condition experimental 1 are not significant from those result we confirm:

- The pills contraceptive increase the Body fat, which promoted the increase of the weight gain, and the Decline of the level Fitness Body Health Case Condition experimental 2:

Where the side effect is present in the % Body Fat thing, which we confirm that the pills contraceptive increase the Body Fat and promoted the increase of the weight gain whose conduct to negative Fitness Body Health. Where our results line with the confirmation of the medical clinical studies which confirm that, weight gain is often considered a side effect of combination hormonal contraceptives, and many women and clinicians believe that an

association exists. (Maria F Gallo, Lauren M Lopez, David A Grimes, Florence Carayon, Kenneth F Schulz, Frans M Helmerhorst, 2014) and (Lopez LM, Edelman A, Chen M, Otterness C, Trussell J, Helmerhorst FM. 2013. From that we agreed to (Chebet JJ, McMahon SA, Greenspan JA, Mosha IH, Callaghan-Koru JA, Killewo J, Baqui AH, Winch PJ. 2015) That the side effects of the pills contraceptive consistently in weight gain case body fat and fatigue case the 1, 5 Mile Run as test of endurance case of women that do not sport. Where (Eric J. Bieber, Joseph S. Sanfilippo, Ira R. Horowitz -, 2015) we confirm that women have both a higher frequency of body fat changes and different presentations for causes we rely the explanation presented by (Terry Mahan Buttaro , 2013) that pills contraceptive can increase appetite and promote weight gain.

- Sport decreased the Body fat and improved the level Fitness Body Health:

Where our results confirm that Condition experimental 1 practice sport reduces the side effect of the pills contraceptive, we Agree the judgment that pill contraceptive causes a small change in body weight. Where our results line with the confirmation of the medical sport studies batch in this study. Thing confirmed by John Saxton (2010) that, growing body of evidence shows that woman experience improved health-related physical fitness and reduced fatigue through exercise physical as well, that Exercise also promotes that decrease in body weight and fat stores (Sana Loue, Martha Sajatovic, Keith B. Armitage, 2004) and (Zerf Mohammed, 2015).

**Table 4. Describes the level of body health fitness inter group comparison test and retest**

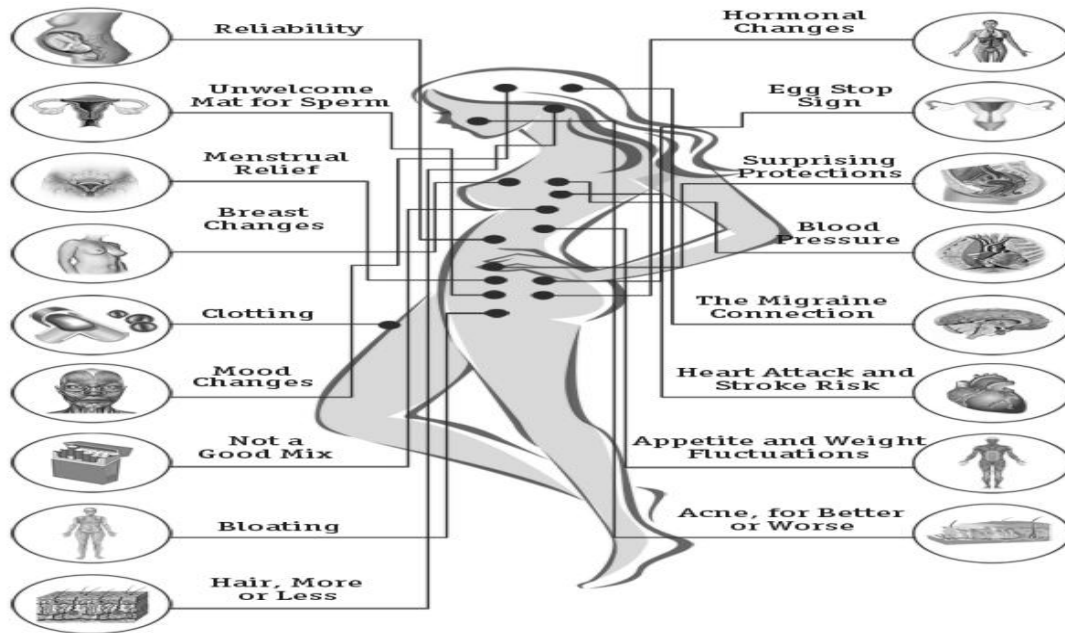
Fitness pre-test & Results			T- Paired	Sig.	R- Paired	Sig.
% Body Fat	Condition experimental 1	G1&G1	-1.49	.21	.99	.00
		G3&G3	-1.29	.27	.97	.00
	Condition experimental 2	G2&G2	-5.59	.005	.89	.04
		G4&G4	-6.13	.004	.99	.00
Sit and Reach	Condition experimental 1	G1&G1	-3.73	.020	.87	.04
		G3&G3	-8.91	.001	.89	.04
	Condition experimental 2	G2&G2	2.68	.04	.922	.026
		G4&G4	3.44	.026	.994	.001
Push-Ups	Condition experimental 1	G1&G1	-5.15	.007	.921	.027
		G3&G3	-6.50	.003	.994	.001
	Condition experimental 2	G2&G2	3.21	.033	.980	.003
		G4&G4	3.16	.034	.991	.001
Sit-Ups	Condition experimental 1	G1&G1	-6.00	.004	.942	.02
		G3&G3	-3.67	.021	.931	.022
	Condition experimental 2	G2&G2	3.50	.025	.917	.028
		G4&G4	9.00	.001	.981	.003
1,5 Mile Run	Condition experimental 1	G1&G1	5.79	.004	.956	.011
		G3&G3	7.16	.002	.936	.019
	Condition experimental 2	G2&G2	-5.13	.007	.89	.04
		G4&G4	-3.59	.023	.937	.019

From the Table 4 as the Search limits, we confirm that all the comparisons with, T- Paired and correlation Paired Samples Test to compare implementations are significant case the condition experimental 2 in the results of % Body Fat where We recommend to our women to practice sport. In other, we confirm:

- The proposed control technique Prevents pregnancy where our results line with (Ann Pietrangelo, 2015) (Ann Pietrangelo, 2015) that Birth control pills, Preservative and patches, when they used correctly, are very effective in preventing pregnancy. They are safe for most healthy women and can even be used to treat a few health problems. However, (Micromedex, 2015) report; as with almost all drugs, there are also some potential unwanted side effects and risks set in fig1 by (Ann Pietrangelo, 2015).

**Fig1 shows the 17 Effects of Birth Control on the Body**

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- There is a strong positive relationship between control technique contraceptives and the Body Composition where the technique contraceptive and lifestyle effect the level of the body health fitness:

Where the calculate correlation Paired Samples Test we confirm the strong positive relationships between the compositions of body composing weight and the level Fitness Body Health. Where our results line with (Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006) that any use of medications should be directed by a qualified healthcare provider after consideration of the individual woman's health. We agreed with (Vincent Antonetti, 2013) that House Woman should have a medical assessment and physical fitness program. Which is consistent with the results of the current study case Condition experimental 2 and approved with case Condition experimental1.

**Discussion**

- From the approve through table 3, 4 and the fig 1: Where our results line with the diagnostic of medical sport studies according to (Dagny Scott, Dagny Scott Barrios, 2000) which set that the 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 referee to the clarification of (Susan E. Hankinson, JoAnn E. Manson, Graham A. Colditz, 2002) that, Studies have shown that above a certain amount, the accumulation of body fat begins to have adverse affects on health. Base on laws of Isaac Newton (1642-1727) which characterized the relation between force and motion with three statements, known collectively as the laws of motion. These laws, which are referred to as the laws of inertia, acceleration, and action-reaction (Roger Eston, Thomas Reilly, 2013) we referred to (Clode bouchard & all, 2010) which 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, Severo M, Alves L, Barros H, Azevedo A., 2015) confirms that the woman which takes, Pill risks weight increase progressively more with increasing fertile time. Our results line with confirmation of Lopez LM (2013) [20], Richard K (2000) and Chebet JJ (2015) that side effect was consistently in weight gain and fatigue, our discussion based on the Body Fat as body gain composing added as resistance that requires a large force to move it (Zerf Mohammed, 2015). Where the account of Paired T-test and correlation Paired Samples Test to compare implementations of the proposed conditions as intergroup comparisons set in Table 4, we confirm:

- In case of the % Body Fat we agreed with (Rose E. Frisch, 2004) 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 Condition experimental 2 taking pill and do not practice sport as G3 foster the obesity. Whereas all intergroup comparisons are for the benefit of Condition experimental 1, for G2, which practices calculus or hoods method and makes sport followed by the G1 who take pill and practices sports. Thing whom, we confirm that the regularity practice of activity physique improves the level of the Fitness Body Health Cases Condition experimental 1. Whereas, included the pill in life conjugal without partied sports increase the weight and the level of the fitness body health case Condition experimental 2. Where our results are consistent with (Linda Lewis Alexander, 2013) that, the Side Effects several pill contraceptive, are in obese women. Thing confirmed in the study of Richard K (2000) (Richard K. Riegelman, 2005) that, the side effects of birth control pills was conducted by comparing 1,000 young women taking the pill with 1,000 young, which does not take it where the study was conducted to the relationship between obesity and menstrual regularity. Where (Kazuyuki Kanosue, Tomoyuki Nagami, Jun Tsuchiya, 2015) confirm that the body mass tends to be decreased by level of body fat percentage in both forwards and backs. This indicates the qualification require to performance your body.
- In the case of the test Sit and Reach as flexibility physical quality (Wener Hoeger, Sharon Hoeger, 2014) Where our results confirm it has a strong positive correlation between Condition experimental and level of the Fitness Body Health. Where our two conditions confirm the impact of the increase of the % Body Fat as body gain composing added as resistance in level of the body health fitness, thing which we confirm the judgment of (Peter J. Maud, Carl Foster, 2006) that, the relationship between strength and flexibility will result in agonist–antagonist imbalance. Where (Cissik, John, Dawes, Jay, 2015) explain in relation strength with body weight, 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. That (Roger Eston, Thomas Reilly, 2013) explains on the fixed external resistive force might not satisfy muscle force velocity relationships, so values of peak power output are probably affected adversely. Thing confirm by (Roger Bartlett, Chris Gratton, Christer G. Rolf, 2012) that the flexibility – rehabilitation aspects has been associated with difficulty in performing motor tasks, increase in the risk of injury, reduction in physical performance, reduction in sports performance, and increase in the energy.
- In the case of Push-Ups test as strength physical quality were the test evaluate muscular fitness of the upper body (Cheryl L. Hyde, 2002) our results confirm it has a strong positive correlation between methods and Fitness Body Health. Where our two

conditions confirm the impact of the increase of the % Body Fat as body gain composing added as resistance case Condition experimental 2 in the level of the fitness body health. Which affirm us to the judgment of (Cissik, John, Dawes, Jay 2015) that comparison of strength with body weight, 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) 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) and Chebet JJ (2015) side effects of pills method are consistently in weight gain and fatigue. However, (Heyward, Vivian H. Gibson, Ann, 2014) confirm that the Performance on some endurance tests (e.g., pull-ups and push-ups) is highly dependent on the strength of the individual.

- In the case of Sit-Ups test as strength, physical quality where (Daniel N. Kulund, 1982) set that this test has been picked as a test of muscular endurance (Frank Galligan, David White, 2001) our results confirm it has a strong positive correlation between methods and Fitness Body Health. Where our results are consistent with (Cissik, John, Dawes, Jay 2015) that, comparison of strength with body weight, 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 case Condition experimental 2 in level of the fitness body health. 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 (Kay A. Van Norman, 2010). Thing consisting with the judgment of Lopez LM (2013) and Chebet JJ (2015) [18] side effects of pills method are consistently in weight gain and fatigue. While our conditions experimental, line with confirmation of (Q. Ashiton Aston PHD, 2011) that the relationship between BMI and fitness varied among tests. Lower fitness in three items (sit-ups, jump, distance run) was evident in boys and girls with higher BMIs in each age group.
- In the case of 1.5 Mile Run test as endurance physical quality our results confirm it has a strong positive correlation between the two condition experimental and level of the Fitness Body Health where the conditions in case two taking pill and do not practice sport case Condition experimental 2 which risks the obesity. Where our results are consistent of (Neil Armstrong, Willem van Mechelen, 2008) that, the effectiveness of body mass ratio to produce a size-free performance variable can be judged. By the relationship between consummation V02 and representation anaerobic power. Thing consisting with the judgment of Lopez LM (2013) and Chebet JJ (2015) side effects of pills method are consistently in weight gain and fatigue.

## Conclusion

From the proof as the results of our two conditions experimental, we refer to our data analyses, which conclude, lead us to:

- ❖ (John McLester, Peter St. Pierre, 2007) that, the ability to produce human power are in the % muscle mass not in % lipids mass. Where he confirms the relationship between the increasing of body mass and the increases power production. Whereas McCole (2) showed a similar relationship among oxygen consumption, speed, and body weight. (William E. Garrett, Donald T. Kirkendall, 2000) case of the physical quality chosen In this modest study.



- ❖ (Philip Maffetone, 2012) that, a woman who is taking birth control pills, these medications have potential side effects that can affect health, muscles, metabolism, and other systems of the body that promote health and fitness. For (Philip Maffetone, 2015) which concluded that their take could adversely affect exercise activity as few monthly cycles (Jane Kelly Kosek, Allison McNeill, 2000).
- ❖ (Evvie Becker, Elizabeth Rankin, Annette U. Rickel, 1998) that, nevertheless, the fact remains that, the most effective pregnancy- prevention measures are hormonal interventions, such as oral contraceptives. Whereas (Estanislao Gacitúa-Marió, Quentin Wodon, 2001) set "it is not good to use modern methods (the pill) because your menstruation is not like always, and that means that your body is not healthy.
- ❖ (Rachel Snow, Peter Hall, 2012) 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, according to a study by B. Pehlivanov, 2008, which focus on their influence on the menstrual cycle, as well as on some physical side effects such as the appearance of hair growth, weight gain, bloating etc. We agreed with (Vincent Antonetti, 2013) that Housewife should have a medical assessment and physical fitness program. Base on the data Collection and analysis we refer to (Lorraine Tulman, Jacqueline Fawcett, 2003) that Body weight is an important aspect of a woman's adaptation. Yet, although some attention has been given to the pattern of weight loss—or gain, very little information is available about how a woman's loss—or gain body due to products medical. In addition, we consigned our women that the individual trains dynamically, not static, assess strength or endurance levels training. Where they should to control their body fat as direct relationship between their body size and their muscle strength in generally. Vis-a-vis our results and limits of this modest study, we rely on the recommendations of (Janet M. Howle, 2012) who set that the Physical fitness is multidimensional and involves cardiorespiratory endurance, muscle strength and endurance, flexibility, and conditioning (Stout, 2000b). Where the impact of Strength is necessary for movement and has a direct impact on effective performance.

In another hand, our modest study is offering comprehensive, easy-to-understand answers to questions (Niels H. Lauersen, Eileen Stukane, 2000) about Housewives Case Newlyweds bodies and health conjugal life. We confirm:

- Using the pills contraceptive requires practice sports to move effects of Body gain case lifestyle Condition experimental 2.
- Practice the technique based on calculus ovule requires practice sports to develop physical qualities Fitness Body Health case lifestyle the Condition experimental 2.
- Side effects more returns to domestic and the marital lifestyle choice by the woman and her partner.

### **Recommendation**

- The proposed control technique Prevent pregnancy.
- Taking pills contraceptive requires medical assessment and physical fitness program to monitor the lifestyle housewives to control their weight gain.
- There is a strong positive relationship between control technique contraceptives and the Body Composition where the technique contraceptive and lifestyle effect the level of the body health fitness.

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