

ORIGINAL ARTICLE



Psychosocial impact of intense gym practices on cardiac health awareness and risks: A Qualitative research

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ABSTRACT

High-intensity gym practices, such as high-intensity interval training (HIIT), have gained significant popularity, providing substantial fitness benefits, including improved cardiovascular markers and metabolic efficiency. However, concerns about potential cardiac risks are emerging, particularly for individuals with undiagnosed heart conditions. This study examines the psychosocial motivations driving intense gym practices and assesses awareness of associated cardiac health risks among health and fitness professionals in Mumbai. Using a qualitative approach, in-depth interviews were conducted with experienced professionals specializing in cardiology, nutrition, and fitness coaching, focusing on their observations of cardiac risk awareness and safety practices in gym-goers. Thematic analysis revealed 12 key themes, encompassing the roles of intense exercise, nutrition's impact on cardiac health, fitness trends, and psychological motivations influencing health awareness. Findings indicate that while structured, intense exercise can enhance heart health, unmonitored routines elevate risks, including hypertension, arrhythmias, and even sudden cardiac events in predisposed individuals. Psychological factors such as societal expectations and body image pressures drive individuals toward extreme exercise regimens, often without adequate awareness of potential cardiac strain. The role of social media in promoting unrealistic fitness ideals was identified as exacerbating these risks. Insights from the interviews highlight the need for integrated educational efforts within gym environments. Recommendations include routine cardiac screenings, personalized dietary plans, and cardiac health education delivered through workshops. Fitness professionals in gym settings could play a key role in recognizing early signs of cardiac distress and guiding clients toward safer practices. The findings emphasize the importance of cardiac health awareness in reducing risks associated with intense exercise. Future research should validate these findings through broader quantitative studies, assessing cardiac health risks among diverse populations and evaluating prevention strategies. This expanded research scope could inform policies to promote heart-safe exercise practices, supporting a balanced approach to fitness across communities.

KEYWORDS

Cardiac health awareness; High-intensity gym practices; Exercise-induced cardiac risks; Psychosocial motivation; Fitness safety education

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Introduction

Cardiovascular diseases (CVDs) have become a leading public health concern, especially in Southeast Asia, where rapid urbanization, lifestyle shifts, and an aging population contribute to their prevalence. These factors, combined with high rates of hypertension, high cholesterol, physical inactivity, and tobacco use, have accelerated CVD-related mortality, creating substantial challenges for regional healthcare systems. Targeted interventions are critical to address these risk factors effectively. By 1990, ischemic heart disease caused 796,246 deaths in Southeast Asia, while stroke accounted for 545,642 deaths. By 2019, these numbers had more than doubled, with ischemic heart disease causing 1.9 million deaths and stroke over 1 million, underscoring the urgent need for effective public health strategies in the region (Figures 1-3) [1].

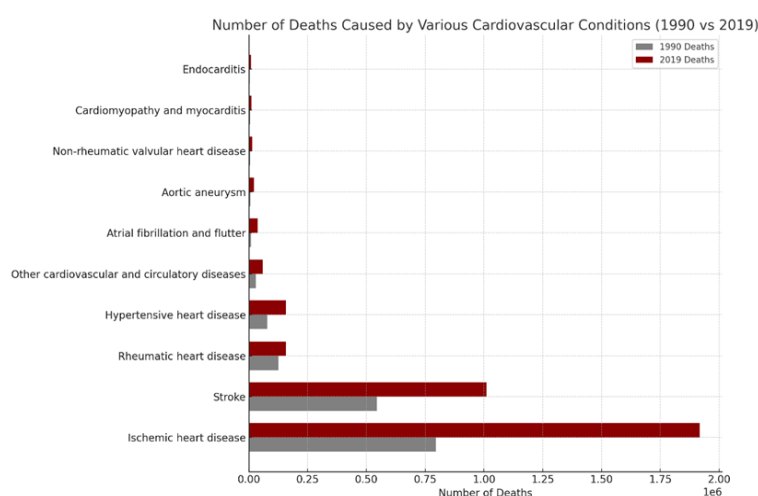


Figure 1. Number of deaths caused by CVD between 1990 vs 2019. (Source: Institute for Health Metrics and Evaluation)

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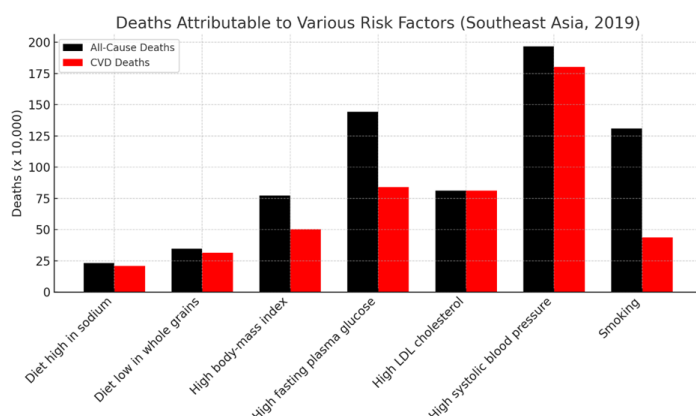


Figure 2. Number of Regional All-Cause Deaths and CVD Deaths in 2019. (Source: Institute for Health Metrics and Evaluation)

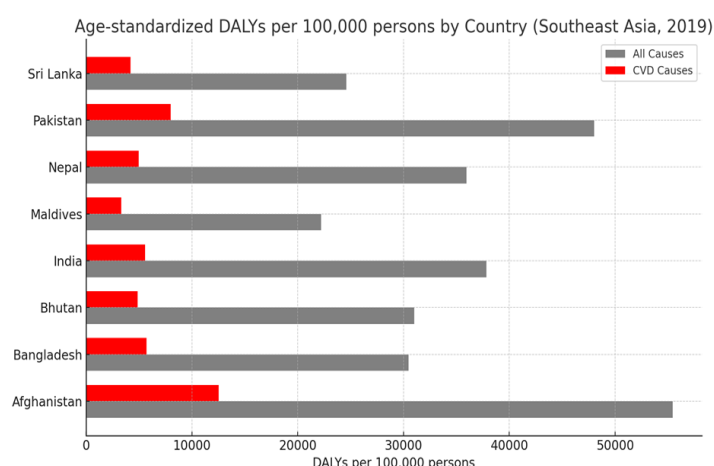


Figure 3. Age-standardized disability-adjusted Life Years per country in Southeast Asia in 2019. (Source: Institute for Health Metrics and Evaluation)

HIIT and similar workout practices involve short, high-intensity bursts followed by recovery periods, offering efficiency and measurable fitness benefits, such as improved cardiovascular resilience. Despite these advantages, emerging evidence suggests that intense workouts may strain the heart, leading to conditions like arrhythmias, myocardial scarring, or even sudden cardiac events in vulnerable individuals. Social and psychological drivers such as body image concerns and societal fitness ideals often motivate participants to engage in these workouts without proper medical oversight. Additionally, social media and popular fitness trends often reinforce these practices, emphasizing aesthetics and endurance over cardiac health. These influences underscore the need for a better understanding of how psychosocial factors and physiological impacts interact in high-intensity training contexts [2].

While intense gym practices are widespread, a gap remains in awareness regarding potential cardiac risks. Many fitness enthusiasts may not recognize early signs of cardiac distress such as dizziness, shortness of breath, or discomfort as potential indicators of serious conditions, assuming they are merely side effects of a rigorous workout. This lack of awareness is

particularly concerning, given documented cases of sudden cardiac incidents associated with strenuous exercise [3]. Furthermore, many gym-goers lack access to healthcare professionals who could advise them on safe exercise practices, relying instead on trainers or online resources that may lack a medical perspective. Healthcare providers could play a crucial role here, offering guidance and reinforcing the importance of safe intensity levels, but their involvement is limited. This highlights an area for intervention, emphasizing the need for targeted educational efforts in fitness environments [4].

Existing literature has addressed the physiological impacts of high-intensity exercise, yet there is a shortage of research focused on psychosocial factors driving individuals to adopt such practices and the awareness of associated cardiac risks. This research gap points to the need for studies that delve into motivations like body image, social expectations, and stress management, which may influence exercise behaviors. Moreover, educational initiatives could address these gaps by providing fitness enthusiasts with critical knowledge of cardiac risks and safe practices, reducing exercise-induced cardiac events, and promoting healthier exercise habits [5].

This study aims to examine psychosocial motivations behind intense gym practices and assess awareness of cardiac health risks associated with such routines. By identifying gaps in knowledge and risk awareness, this research seeks to inform the development of educational programs focused on cardiac health for fitness enthusiasts. Such programs would enhance awareness among individuals pursuing intense exercise regimens and assist healthcare

providers in offering preventive guidance, ultimately promoting a balanced approach to fitness that prioritizes cardiac safety.

Literature Review

The rise in high-intensity gym practices, particularly high-intensity interval training (HIIT), has brought attention to both the physical benefits and potential cardiac risks of these workouts. While moderate exercise is widely recognized for its protective effects on cardiovascular health, studies indicate that excessive high-intensity exercise may lead to adverse events. Research has shown that extreme endurance activities and intense routines may elevate the risk of arrhythmias, myocardial fibrosis, and, in rare cases, sudden cardiac events, especially in individuals with pre-existing cardiac conditions [6]. A study published demonstrated that individuals engaging in excessive high-intensity exercise over long periods might face increased risks of myocardial scarring and arrhythmias, particularly in untrained or predisposed individuals. Similarly, the American Heart Association has warned that excessive endurance exercise can predispose individuals to sudden cardiac events and atrial fibrillation. These findings underscore the need for balanced exercise regimens and the importance of monitoring individual cardiac health when engaging in high-intensity practices [7]. Table 1 and Figure 4 discuss the major causes of deaths due to CVD registered in India in 2020.

Table 1. Major causes of death due to CVD in India in 2020. (Source: Annual Report on MCCD, India)

Cause of Death	Male (Number)	Male (%)	Female (Number)	Female (%)	Total (Number)	Total (%)	% of Total Medically Certified Deaths
Diseases of pulmonary circulation and other forms of heart diseases	1,71,966	47.1	1,05,178	48.7	2,77,144	47.7	15.3
Ischaemic Heart Diseases	88,499	24.3	46,677	21.6	1,35,176	23.3	7.5
Cerebrovascular diseases	52,177	14.3	28,830	13.3	81,007	13.9	4.5
Hypertensive diseases	42,277	11.6	28,244	13.1	70,521	12.1	3.9
Others	9,884	2.7	7,019	3.3	16,903	2.9	0.9

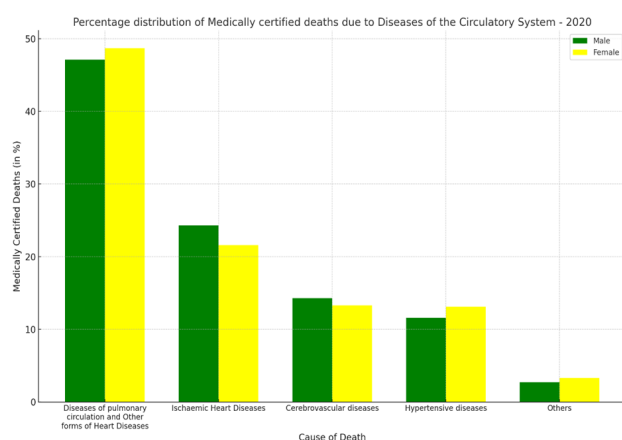


Figure 4. Bar graph showing the registered deaths due to CVD in India in 2020. (Source: Annual Report on MCCD, India)

The motivations driving individuals to engage in intense gym practices are often rooted in psychosocial factors, including body image, societal expectations, and stress management. The increasing portrayal of idealized body standards on social media and fitness platforms has fuelled a desire for physical transformation, prompting individuals to pursue rigorous exercise routines that may exceed safe limits. Studies highlight that many fitness enthusiasts are motivated by a need for social approval, striving to meet perceived societal expectations. This can lead to exercise dependence, particularly

among individuals with high levels of obsessive passion toward fitness goals. Research on the psychology of exercise behaviors has shown that, for some individuals, intense workouts provide a sense of control and accomplishment, acting as a coping mechanism for stress. Such motivations, while often beneficial for physical fitness, can diminish one's attention to potential cardiac risks. Understanding these psychological drivers is essential for developing educational interventions that encourage balanced, health-oriented exercise behaviors [8].

Despite the popularity of intense workouts, awareness regarding the associated cardiac risks remains limited among fitness enthusiasts. Many participants fail to recognize symptoms of cardiac distress such as dizziness, chest discomfort, and shortness of breath as potential warning signs, often interpreting these symptoms as typical indicators of a rigorous workout. A study examining the risk perceptions of CrossFit participants revealed that while many were motivated by health and fitness, there was a significant gap in their awareness of overtraining risks and the potential for adverse cardiovascular events [9]. Furthermore, misconceptions surrounding the "no pain, no gain" philosophy in fitness culture often led individuals to push beyond safe limits without appropriate guidance. Social media and fitness communities frequently reinforce these misconceptions, making it critical to provide accessible, evidence-based information on safe exercise practices [10]. Table 2 and Figure 5 shows the age-wise distribution of death in India due to CVD in 2020.

Table 2. Age-wise distribution of deaths due to CVD in India in 2020. (Source: Annual Report on MCCD, India)

Age Group (in Years)	Male (Number)	Male (%)	Female (Number)	Female (%)	Total (Number)	Total (%)
<1	1796	0.5	1267	0.6	3063	0.5
001-004	807	0.2	687	0.3	1494	0.3
005-014	1496	0.4	1255	0.6	2751	0.5
15-24	6425	1.8	4687	2.2	11112	1.9
25-34	14447	4	7303	3.4	21750	3.7
35-44	31753	8.7	13721	6.4	45474	7.8
45-54	60127	16.5	26660	12.3	86787	14.9
55-64	82850	22.7	43039	19.9	125889	21.7
65-69	48555	13.3	32953	15.3	81508	14
70 Years or above	114280	31.3	83184	38.5	197464	34
Age not Stated	2267	0.6	1192	0.6	3459	0.6
TOTAL	364803	100	215948	100	580751	100

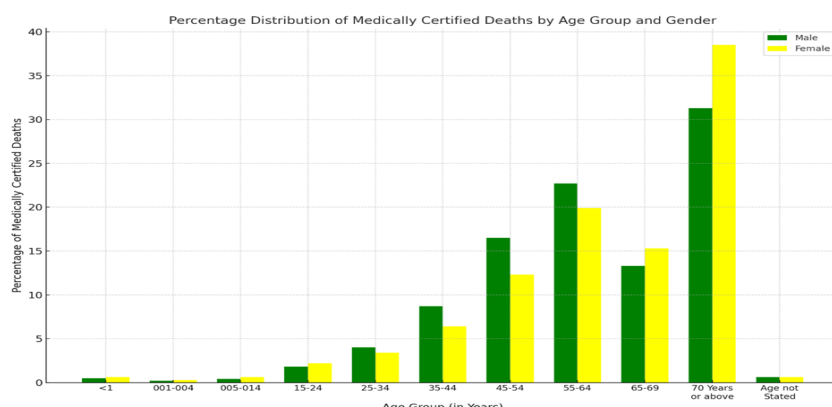


Figure 5. Graph showing the age-wise deaths due to CVD in India in 2020. (Source: Annual Report on MCCD, India)

Educational initiatives tailored to fitness enthusiasts and gym-goers could bridge these awareness gaps by improving risk perception and promoting safer workout practices. By addressing the psychosocial motivations and limited risk awareness, such programs could support a more balanced approach to fitness, enhancing safety without compromising the mental and physical benefits of exercise [11]. Table 3 briefly explains the effects of intensive exercise on cardiac health.

Table 3. Overview of the effects of intensive exercise on cardiac health.

Category	Aspect	Details
Positive Effects	○ Improved Cardiovascular Endurance	Enhanced VO ₂ Max, Increased Heart Efficiency
	○ Reduced Stress Levels	Helps in lowering mental and physical stress
Negative Effects	● Hypertension ● Increased Heart Strain ● Arrhythmias ● Tachycardia Risk ● Myocardial Scarring ● Sudden Cardiac Events ● Heart Attack Risk	- Elevated blood pressure due to strain - Excessive workload on the heart - Risk of irregular heartbeats - Potential for increased heart rate - Possible heart tissue damage from overuse - Increased risk of unexpected heart issues - Higher chance of heart attack occurrence
Long-term Health Effects	■ Potential for Cardiac Arrest ■ Worsening of Heart Issues	- Increased risk, especially with pre-existing conditions - Aggravation of existing cardiac problems
Precautions	■ Regular Screenings ■ Cardiac Check-ups ■ Early Sign Monitoring ➤ Balanced Nutrition ➤ Electrolyte Maintenance ➤ Energy Levels Supported ➤ Moderate Exercise Limits ➤ Include Rest Days	- Routine tests to monitor heart health - Regular assessments by healthcare providers - Observing for symptoms of heart distress - Proper diet to support exercise and recovery - Ensures hydration and electrolyte balance - Maintaining proper energy for safe exercise - Setting limits to avoid overexertion - Recovery days to prevent strain

Methodology

This study employs a qualitative design with thematic analysis to explore cardiac health awareness and perceptions of risk associated with intense gym practices among health and fitness professionals in Mumbai. Thematic analysis is chosen for its ability to uncover patterns within participants' experiences, providing insights into the psychosocial impacts on cardiac health. This approach is well-suited to capturing the nuanced perspectives of cardiologists, dieticians, and fitness coaches, whose expertise aligns with the objectives of this study. By examining these views, the study aims to reveal common themes in attitudes and practices that could influence cardiac health awareness and gym-related behaviors [12].

Data collection methods

The data collection process involved two key approaches: semi-structured interviews and questionnaires. The

semi-structured interviews provided detailed qualitative data, focusing on the professionals' experiences in managing heart-related cases due to intense gym training. The interviews were designed to explore key areas such as the role of professionals in guiding youth in training, the effects of intense workouts on the heart, and precautions that should be followed to prevent such situations [13]. The open-ended nature of these interviews allowed professionals to provide nuanced insights into the interaction between physical training and cardiovascular disease management. The questionnaires were designed to gather structured data, particularly regarding clinical protocols and management strategies. The questions addressed key aspects of CAD management, such as the use of diagnostic tools like angiography and echocardiography, as well as the pharmacological treatments commonly prescribed. The combination of interviews and questionnaires allowed for the collection of both qualitative insights and quantitative data,

providing a comprehensive understanding of the clinical challenges [14].

Data analysis

Data analysis was conducted using thematic analysis, a method that allows for the identification and interpretation of patterns within qualitative data. The interviews were transcribed verbatim, and the transcriptions were reviewed thoroughly to ensure that the content was fully understood. The analysis began with open coding, where segments of the text were labeled with specific codes representing key concepts such as effects on the heart due to intense gym training [15]. Once the initial coding was completed, the codes were grouped into broader categories to identify common themes across the data. These categories were reviewed through review and discussion within the research team, ensuring consistency in how the data were interpreted. Questionnaire data were also analyzed, with responses coded and compared to the qualitative data from the interviews. This process allowed for the integration of quantitative findings with qualitative insights, ensuring that the analysis captured both the depth and breadth of the healthcare professionals' experiences [16].

Ethical considerations

Ethical approval for the study was granted by the institutional

ethics review board of the lead hospital. All healthcare professionals were provided with detailed information about the study's aims and procedures before participation. Written informed consent was obtained from all participants, ensuring that they fully understood their rights, including the option to withdraw from the study at any time without penalty [17]. To ensure confidentiality, all identifying information was anonymized. Participants were assured that the findings would be reported in aggregate form, with no individual healthcare professional being identified in the final publication. These ethical protocols ensured that the study was conducted by the highest standards of data protection and participant confidentiality, fostering an environment in which healthcare professionals could openly share their clinical insights and experiences [18].

Results

We describe herein the key findings and themes based on the qualitative interviews on the Psychosocial Impact of Intense Gym Practices on Cardiac Health Awareness and Risks. This involved collecting qualitative data through interviews and questionnaires before conducting content analysis to identify and interpret themes. Table 5 summarizes the questions asked, the themes identified, the responses from participants, and the key findings and themes derived from the content analysis.

Table 5. Qualitative interview of participants and their responses.

Question	Theme	Participant 1	Participant 2	Participant 3	Response Analysis
What role does intense exercise play in either promoting or potentially harming cardiac health?	Role of Intense Exercise in Cardiac Health	Intense exercise can strengthen the heart if approached correctly, but it poses risks if individuals push beyond their limits, especially those with undiagnosed conditions.	A balanced diet is essential during intense exercise to prevent stress on the heart; without it, intense exercise could lead to heart problems.	Intense workouts are beneficial when gradually introduced; however, people often dive into them without understanding the potential cardiac risks.	Intense exercise can be heart-strengthening, but risks arise when done without guidance, proper diet, and preparation.
How can gym-goers better understand and respect their cardiac limits during intense workouts?	Understanding Cardiac Limits	Recognizing warning signs like chest pain, dizziness, or shortness of breath is vital, as is regular cardiac screening, especially for those over 40.	Fueling the body with the right nutrients helps prevent early exhaustion, which can cause strain on the heart; I suggest gym-goers consult nutritionists.	Coaches can play a role by observing clients and intervening if they appear to be overexerting themselves, reminding them to stay within safe limits.	Recognizing limits is key, aided by regular checkups, proper diet, and trainer guidance.
How does diet influence cardiac health specifically in those following intense exercise routines?	Impact of Nutrition on Exercise-Induced Cardiac Health	Diets rich in healthy fats and low in refined sugars help reduce strain on the heart, which is especially important during intense workouts.	Maintaining a balance of proteins, carbs, and electrolytes is essential to support the heart, as intense exercise depletes nutrients quickly.	Proper nutrition supports endurance and reduces risks of overexertion, yet clients often lack this knowledge.	Nutrition is crucial in sustaining cardiac health during intense exercise by supporting energy levels and preventing strain.

What impact do current fitness trends (e.g., HIIT, extreme sports) have on individuals' cardiac safety?	Influence of Fitness Trends on Cardiac Safety	Fitness trends often encourage pushing limits without monitoring, which increases the risk of cardiac events in those unprepared for high-intensity routines.	These trends need proper nutritional support; otherwise, they could lead to issues like electrolyte imbalance, which can stress the heart.	Trends like HIIT are popular, but clients often jump in without the foundation, overlooking basics like warm-ups and recovery.	Fitness trends can be beneficial but increase cardiac risk if done without preparation, proper diet, and foundational training.
How does the psychological drive to achieve extreme fitness goals affect individuals' approach to cardiac health?	Psychological Drive for Extreme Fitness	Many prioritize visible results over cardiac safety, often ignoring symptoms that should be checked to avoid severe cardiac events.	Some individuals adopt extreme diets to reach these goals, but this can deplete essential nutrients and strain the heart.	It's difficult to convince clients focused on extreme goals to pace themselves; they often prioritize appearance over heart health.	The drive for extreme fitness may overshadow heart safety, leading to unhealthy habits and neglect of physical warning signs.
How important is recovery and rest in preventing cardiac issues among individuals who engage in intense exercise, and is this emphasized enough?	Importance of Recovery and Rest for Cardiac Health	Rest allows the heart to recover and adapt; without it, individuals risk arrhythmias or other cardiac complications, especially in high-intensity training.	Nutritional recovery is crucial; rest supports the body in replenishing nutrients needed to prevent strain on the heart.	Rest is rarely a focus for clients, but it's vital to prevent burnout and injury; I try to remind them to rest as hard as they train.	Recovery and rest are essential for cardiac safety, though often underemphasized. They enable both nutritional and physical recovery.
In what ways do supplements affect cardiac health in gym-goers, and how can they be used responsibly?	Role of Supplements in Cardiac Health	Certain supplements can elevate heart rate or blood pressure, so individuals should consult with a doctor before use, especially with pre-existing conditions.	Supplements can support recovery, but misuse or overuse can lead to imbalances that may stress the heart. Proper guidance is essential.	Many clients take supplements without guidance, which can be risky; I advise moderation and seeking advice from qualified professionals.	Supplements have benefits but require responsible use, as improper intake may lead to cardiac strain.
How does the gym environment impact individuals' awareness and attitudes toward cardiac health?	Gym Environment's Influence on Cardiac Health	Gym culture often focuses on aesthetics and performance over health, which may discourage cardiac health awareness and foster risky behaviors.	Gyms rarely emphasize cardiac health through diet or safe practice education, which I believe could benefit gym-goers and improve their overall health.	Clients often ignore cardiac health as they focus on visible gains like strength or physique; we need more education on heart health in gym environments.	Gym culture may emphasize aesthetics over cardiac safety, suggesting a need for more heart health awareness in fitness spaces.

How can each of you best promote heart-healthy practices in the fitness community?	Role of Professionals in Heart-Healthy Practices	Encouraging regular heart screenings and educating on safe practices can promote cardiac safety, especially for those engaging in high-intensity workouts.	I promote balanced diets and emphasize the heart health benefits of proper nutrition; this can help fitness enthusiasts maintain a safe exercise regimen.	Designing workout plans that consider heart health and educating clients on pacing can reduce risks associated with intense fitness routines.	Heart-healthy practices can be promoted through screenings, balanced nutrition, and exercise moderation.
What methods would you recommend for monitoring and managing cardiac strain during high-intensity workouts?	Monitoring Cardiac Strain During Workouts	Wearable monitors are valuable tools, especially for those with heart conditions, to track heart rate and manage intensity in real-time.	Nutrition also helps manage cardiac strain by providing steady energy and preventing early fatigue that could increase heart rate.	I suggest clients use wearables to track heart rate during high-intensity sessions, and I watch for signs of overexertion.	Wearables, nutrition, and professional oversight are effective for managing cardiac strain during intense workouts.
How does social media influence individuals' perceptions of what is "healthy" or "fit" in terms of cardiac health?	Impact of Social Media on Perceptions of Cardiac Health	Social media promotes fitness ideals that may encourage unsafe practices if people try to replicate them without knowing the impact on their heart health.	I see clients following extreme diet fads from social media, often lacking balance and risking cardiac health in the pursuit of quick results.	Many clients aim to meet social media standards, often pushing too hard without realizing the risks; I encourage setting realistic goals.	Social media often portrays unrealistic fitness ideals, potentially leading to harmful practices if not approached cautiously.
How well do you think people understand the potential long-term cardiac effects of maintaining extreme exercise regimens?	Awareness of Long-Term Cardiac Implications	People tend to ignore the long-term impacts on their hearts when following extreme fitness routines, focusing on short-term gains instead.	Many overlook the cumulative impact of extreme exercise and diet on heart health; they don't always consider what might happen years down the line.	Clients focus on immediate results and rarely consider the toll extreme exercise might take on heart health over time; I try to educate them about this.	Long-term cardiac effects are often overlooked in extreme fitness, with an emphasis needed on sustainability and heart health.

Discussion

The study identified 12 themes crucial for understanding the cardiac health impact of intense gym practices. Participant 1 noted that while intense exercise can strengthen the heart, unregulated routines may increase risks like hypertension and arrhythmias. Participant 2 emphasized the role of balanced nutrition particularly diets rich in healthy fats and low in sugars in sustaining cardiac health during high-intensity exercise. Participant 3 stressed the importance of recognizing personal cardiac limits, advocating for regular check-ups, and awareness of warning signs. Fitness trends like HIIT, though effective for endurance, elevate cardiac risks without proper guidance. A psychological drive for rapid, visible results often overshadows

health priorities, revealing a need for better cardiac awareness in gym settings [19]. These findings address the study's objective to pinpoint gaps in cardiac health awareness and the psychosocial factors influencing intense exercise practices.

The findings underscore gaps in cardiac health awareness and highlight psychosocial factors that drive intense exercise. Participant 1 emphasized cardiovascular risks associated with extreme exercise, such as increased blood pressure and tachycardia, particularly when individuals lack education on safe practices. This aligns with Participant 2's observations, who noted that many gym-goers neglect balanced nutrition, leading to electrolyte imbalances and energy deficits that strain cardiac function [20].

The data suggests a strong psychosocial inclination toward achieving rapid, visible results, often at the expense of cardiac health. Participant 3 reported challenges in encouraging clients to adopt balanced routines due to social pressure to achieve a specific physique, which often drives people toward unsustainable, high-intensity regimens. Fitness trends like HIIT, although effective, pose increased risks for individuals with unrecognized cardiac vulnerabilities. Participant 2 also pointed out that extreme dietary practices, such as low-carb or ketogenic diets, may conflict with the energy demands of intense workouts, inadvertently placing additional stress on the heart [21].

Insights from Participant 1 on the need for regular cardiac screenings and from Participant 3 on the importance of early symptom recognition reveal opportunities for integrated guidance on safe gym practices. While Participant 1 advises regular screenings and educated exercise habits, Participant 3 can serve as a frontline educator, recognizing early signs of cardiac strain in clients. Participant 2 further emphasizes the need for tailored diets that meet the demands of intense exercise without compromising cardiac health. These interdisciplinary perspectives point to a need for comprehensive cardiac health education in fitness spaces, addressing both physiological and psychosocial factors influencing high-intensity gym practices [22].

The study's findings underscore the importance of targeted education on cardiac risks within gym environments. Practical recommendations such as regular cardiac screenings, individualized training plans, and structured nutrition guidelines could mitigate risks for individuals engaged in intense routines [23]. Participant 3, often observing early signs of cardiac strain, is well-suited to promote safer exercise practices. Additionally, gym-based workshops led by healthcare professionals could bridge knowledge gaps, helping clients balance fitness goals with cardiac safety. Integrating cardiac awareness into fitness culture could significantly reduce the health risks linked to high-intensity gym practices.

This study's qualitative design, while insightful, limits its generalizability to broader populations. The participant sample, though purposefully selected from Mumbai-based professionals, may not fully capture perspectives across diverse gym practices and demographics. Additionally, while thematic analysis provided depth, researcher interpretation may introduce bias. Future studies could expand to a larger, more diverse sample and incorporate quantitative measures to validate and broaden these findings, enhancing the transferability and methodological rigor of insights into cardiac health risks associated with intense gym routines [24].

Conclusion

Based on the findings, it is evident that cardiac health awareness is essential for individuals engaging in high-intensity gym practices. This study highlights a critical need for structured guidance, including regular screenings and personalized exercise plans that integrate cardiac safety. Participant insights reveal that unmonitored, intense exercise, coupled with inadequate nutrition and psychological pressures for rapid results, can elevate cardiac risks. This underscores the role of

fitness professionals in identifying early warning signs and promoting safer practices. Given the limited scope and sample size, future research should aim to validate these findings through broader quantitative studies. Large-scale studies could assess the prevalence of cardiac health risks among diverse gym-going populations, examining specific factors such as exercise intensity, diet, and psychosocial influences. Additionally, longitudinal studies may offer insights into how sustained intense exercise impacts cardiac health over time. By expanding the scope, such research can inform policies that foster a balanced approach to fitness, ensuring cardiac health remains a priority in gym settings.

Disclosure Statement

No potential conflict of interest was reported by the authors.

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