

Daily Exercise for Anti-Obesity Anti-Diabetes Lifestyle

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Perspective

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Abstract

This article describes the importance of daily exercise in securing a healthy lifestyle. Weekly expression of requirements for exercise can no longer meet real standards for a healthy lifestyle. Since eating occurs daily and indeed multiple times daily, exercise must also occur daily in concert with eating. This would allow cells to live in normal chronobiological cycles.

Keywords: Exercise; Eating; Lifestyle; Daily routine

The objective of this article was to describe the chronobiological significance of daily exercise in securing a healthy lifestyle. There is a principle that substrate intake and oxidation should be synchronized for body to maintain a healthy state. Thus, it is not logical to eat every day and exercise only once or twice a week. Since eating occurs daily, exercise must also occur daily. It is only with such a close relation between eating and exercise that body can tolerate the nutrients that it consumes [1-5].

A critique towards the daily exercise would be the highly occupied and stressful lifestyle in the modern age. Nonetheless, to keep the body far from stresses and diseases, time has to be made for daily exercise. Compromise must be made and work hours must be reduced at least to some extent to allow the daily exercise to be scheduled in daily routines.

The nature of daily exercise needs to be adequately extensive. Sweating must occur and heart beating must rise significantly. This requires running, swimming, jumping and/or climbing. Slow walking may not be enough in stimulating healthy metabolic and oxidative reactions [5-8]. Evening could be an optimal time for daily exercise in forming a healthy lifestyle [2,7]. For evening to prove effective in healthful timing of exercise, major food meals must be taken earlier in the

day (e.g., morning) with minor eating later during evening and night [1,2,8].

Conclusion

This article described the significance of daily physical activity in forming a healthy lifestyle.

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