

## A Novel Public Program to Reduce Diabetes: Paralleled Patterns of Exercise and Intake

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### Abstract

The objective of this public health article was to describe a rhythmic united system of circadian intake and exercise patterns to reduce prediabetes and diabetes. This program is based on a feasible practice to prescribe a sufficiently intense physical work for any key food meal. This program must be supplemented by small frequent food meals distributed evenly during day and no major meal overnight. Therefore, major exercise is a must every day or at the very least every other day. No longer exercise interval protects perfectly the modern human against diabetes.

**Keywords:** Circadian phase, physical activity, Food meal, Diabetes

### Program Description and Discussion

The global approach developed in this article has immense capacities to prevent and indeed to treat diabetes mainly because of helping the body to be physiologically set upon its natural life patterns. The modern lifestyle has in many ways disrupted the natural cycles of cell physiology and has thus led to increased rates of obesity and diabetes in different global communities. Not moving as much as eating is a serious problem in today's world. The more severe is the fact that numerous cases are still unaware of their prediabetes and diabetes. This signifies the importance of pragmatic public education. Should diabetes not be prevented carefully, it will not be unrealistic to observe that almost any family has at least one diabetic member in the forthcoming future. What makes people more prone to diabetes is obesity that is often characterized by central adiposity [1-5]. This increases likelihood of cardiovascular and immune diseases. Dual intake and exercise regimens are required to skirmish such a growing concern.

Nutrient intake and physical activity are usually discussed as major effectors of human health and life quality. None-

theless, until recently [6-10], research on development of pragmatic simple programs to match intake and exercise in a rhythmic structure has been scarce. Intake and exercise should be started to be considered highly interconnected to match one another rhythmically [11,12]. This vision implies that all major food meals require fitting intense exercise to improve intermediary metabolism and waste management simultaneously. This law works logically in the real world because the circadian major food meals induce and augment a variety of physiological mechanisms that would not be efficiently bioprocessed and would damage cell biology should daily exercise patterns not effectively fit nutrient intake patterns [13,14]. Oncogenesis is thought to be at least partly a result of such an asynchrony.

In a nutshell, elevated blood sugar in modern communities is mostly certainly an anticipated consequence of unparalleled daily patterns of physical work and nutrient intake. This unfitting daily lifestyle increases risks of carcinogenesis and tumour development that is first shown as obesity or diabetes [11,14]. A global feasible solution would be to take frequent but petite food meals that are evenly distributed over day-period. In addition, large evening and night meals

must not be taken. Furthermore, at least one intense exercise for a minimum of 30 min daily to enrich cells with essential synchronies in cell metabolism is required. No exercise program with less frequent than once in every other day is acceptable for the modern human living with minimal movement and maximal intake and stress. This program is inspired by nature where physiological rhythms of human body used to be fuelled from to improve health [6].

## Implications

A pragmatic vision was developed to synchronize daily patterns of physical work and nutrient intake to reduce diabetes and related cardiometabolic abnormalities in today's overly modernized lifestyles.

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