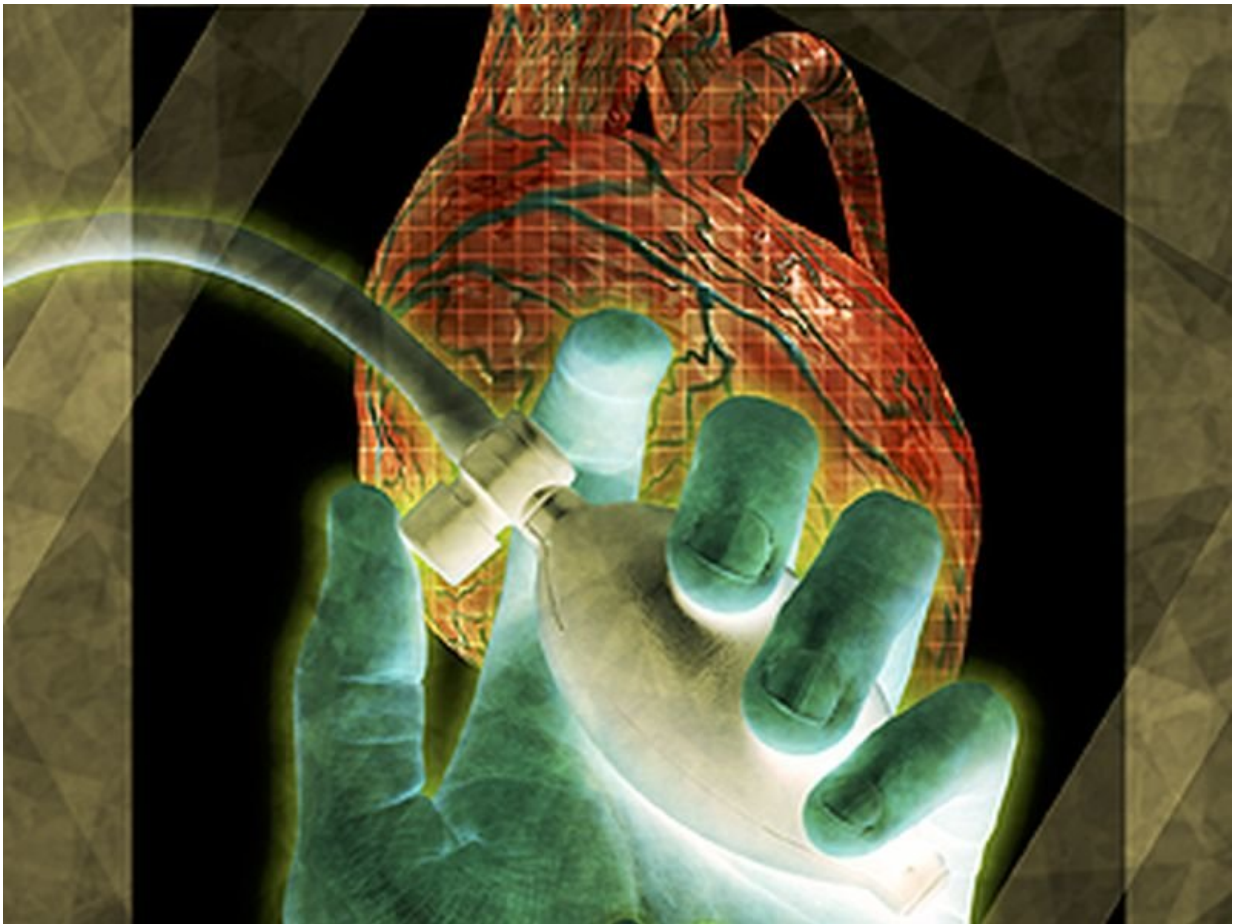


Moving more may match focused exercise in prediabetes

December 7 2017



(HealthDay)—The accumulation of total physical activity (PA) over the

day may be as important as achieving the intensity of moderate-to-vigorous PA (MVPA) for improved cardiometabolic health of adults with prediabetes, according to a study published online Nov. 20 in *Diabetes Care*.

Nils Swindell, from Swansea University in the United Kingdom, and colleagues examined the correlation for PA, ST, and cardiometabolic risk in 2,326 adults (from eight countries) with a [body mass index](#) >25 kg/m² and impaired fasting glucose or impaired [glucose tolerance](#). PA levels and ST were assessed with seven-day accelerometry.

The researchers observed negative correlations for MVPA with homeostatic model assessment of insulin resistance (HOMA-IR), waist circumference (WC), fasting insulin, two-hour glucose, triglycerides, and C-reactive protein (CRP). There were positive associations for ST with HOMA-IR, WC, fasting insulin, triglycerides, CRP, and systolic and [diastolic blood pressure](#). The associations reported between total PA and HOMA-IR, WC, fasting insulin, two-hour glucose, triglycerides, and CRP were comparable to or greater than for MVPA.

"Total PA was at least as strongly associated with [cardiometabolic risk](#) markers as MVPA, which may imply that the accumulation of total PA over the day is as important as achieving the intensity of MVPA," the authors write.

Several authors disclosed financial ties to the nutrition industry; dietary products were provided by Cambridge Weight Plan.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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Citation: Moving more may match focused exercise in prediabetes (2017, December 7) retrieved 19 April 2024 from <https://medicalxpress.com/news/2017-12-focused-prediabetes.html>

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