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Nutrients. 2019 Jul 19;11(7):1652. doi: 10.3390/nu11071652. PMID: 31331009 Free PMC article. Review.
Both observational and interventional studies suggest that physical activity may mitigate the metabolic syndrome. Evidence to a certain extent, favorably influenced by interventional studies.

2 Metabolic Syndrome, Dyslipidemia and Cardiovascular Disease: A Systematic Review and Meta-analysis
Iqbal J, Al Qarni A, Hawwari A, Alghanem AF, Ahmad M, et al.
Curr Diabetes Rev. 2018;14(5):427-433. doi: 10.2174/157344011406821111180211. PMID: 28677496 Review.
BACKGROUND: Metabolic syndrome is associated with cardiovascular disease. ...CONCLUSION: In the current study, we found that metabolic syndrome is associated with dyslipidemia and cardiovascular disease.

3 Abdominal obesity and metabolic syndrome: A systematic review and meta-analysis
Després JP, Lemieux I.
Nature. 2006 Dec 14;444(7121):881-7. doi: 10.1038/nature05114. PMID: 17167477 Review.

1 Physical Activity, Cardiorespiratory Fitness and Metabolic Syndrome: A Systematic Review and Meta-analysis
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2 Huang PL.
Dis Model Mech. 2009 May-Jun;2(5-6):253-61. PMID: 19407331 Free PMC article. Review.
The metabolic syndrome refers to the cluster of conditions including insulin resistance, obesity, at least one abnormal lipid, and high blood pressure, which are central features of the metabolic syndrome.

3 Mitochondrial dysfunction in the metabolic syndrome: A systematic review and meta-analysis
Després JP, Lemieux I.
Diabetes Care. 2006 Jun;29(6):1260-7. doi: 10.2337/1367. PMID: 16711111 Review.

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Physical Activity, Cardiorespiratory Fitness, and the **Metabolic Syndrome**.

1 Myers J, Kokkinos P, Nyelin E. *Nutrients*. 2019 Jul 19;11(7):1652. doi: 10.3390/nu11071652. PMID: 31331009

Both observational and interventional studies suggest an important role for physical activity and higher fitness in mitigating the metabolic syndrome to a certain extent, favorably influencing insulin resistance, lipid disorders, or obesity. The combined effect of increasing activity on these risk markers, an improvement in fitness, or both, has been shown to have a major impact on health outcomes related to the metabolic syndrome. Exercise therapy is a cost-effective intervention to both prevent and mitigate the impact of the metabolic syndrome, but it remains underutilized. In the current article, an overview of the effects of physical activity and higher fitness on the metabolic syndrome is provided, along with a discussion of the mechanisms underlying the benefits of being more fit or more physically active in the prevention and treatment of the metabolic syndrome.

2 Huang PL. *Dis Model Mech*. 2009 May-Jun;2(5-6):231-7. doi: 10.1242/dmm.001180. PMID: 19407331 **Free PMC article**. Review.

The **metabolic syndrome** refers to the co-occurrence of several known cardiovascular risk factors, including insulin resistance, obesity, atherogenic dyslipidemia and hypertension. ...By considering the central features of the **metabolic syndrome** and how ...

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詳細画面の見方

Review > *Nutrients*. 2019 Jul 19;11(7):1652

Physical Activity, Cardiorespiratory Fitness, and the Metabolic Syndrome

Jonathan Myers¹, Peter Kokkinos², Eric Nyelin³

Affiliations + expand

PMID: 31331009 PMCID: PMC6683051 DOI: 10.3390/nu11071652

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Abstract

Both observational and interventional studies suggest an important role for physical activity and higher fitness in mitigating the metabolic syndrome to a certain extent, favorably influencing insulin resistance, lipid disorders, or obesity. The combined effect of increasing activity on these risk markers, an improvement in fitness, or both, has been shown to have a major impact on health outcomes related to the metabolic syndrome. Exercise therapy is a cost-effective intervention to both prevent and mitigate the impact of the metabolic syndrome, but it remains underutilized. In the current article, an overview of the effects of physical activity and higher fitness on the metabolic syndrome is provided, along with a discussion of the mechanisms underlying the benefits of being more fit or more physically active in the prevention and treatment of the metabolic syndrome.

Keywords: metabolic syndrome; cardiorespiratory fitness; insulin resistance; cardiovascular disease; exercise training

1. Overview

Chronic, non-communicable diseases currently represent the predominant challenge to global health. In a recent global status report on chronic disease, the World Health Organization stated that non-communicable conditions, including cardiovascular disease (CVD), diabetes and obesity, now account for roughly two-thirds of deaths worldwide [1]. The prevalence of many of the components of

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Physical Activity, Cardiorespiratory Fitness, and the Metabolic Syndrome

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Abstract: Both observational and interventional studies suggest an important role for physical activity and higher fitness in mitigating the metabolic syndrome. Each component of the metabolic syndrome is, to a certain extent, favorably influenced by interventions that include physical activity. Given that the prevalence of the metabolic syndrome and its individual components (particularly obesity and insulin resistance) has increased significantly in recent decades, guidelines from various professional organizations have called for greater efforts to reduce the incidence of this condition and its components. While physical activity interventions that lead to improved fitness cannot be expected to normalize insulin resistance, lipid disorders, or obesity, the combined effect of increasing activity on these risk markers, an improvement in fitness, or both, has been shown to have a major impact on health outcomes related to the metabolic syndrome. Exercise therapy is a cost-effective intervention to both prevent and mitigate the impact of the metabolic syndrome, but it remains underutilized. In the current article, an overview of the effects of physical activity and higher fitness on the metabolic syndrome is provided, along with a discussion of the mechanisms underlying the benefits of being more fit or more physically active in the prevention and treatment of the metabolic syndrome.

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