

<spinal tap 3> Assessment of abdominal obesity prevalence and determinants among Effects of Moderate and Vigorous.

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Original URL: <https://tools.orientwatchusa.com/spinal-tap-3.pdf>

Oct 18 2024 Conclusion The research revealed that 18% of the participant exhibited abdominal obesity

Factors such as advanced age being female having a low wealth index physical inactivity insufficient dietary diversity and food insecurity were identified as contributors to abdominal obesity Our study suggests that short term vigorous exercise and long term moderate exercise programs could be recommended for weight reduction in obese individuals

In this trial vigorous but not moderate exercise significantly reduced body fat and visceral fat Conclusion The research revealed that 18% of the participant exhibited abdominal obesity

Factors such as advanced age being female having a low wealth index physical inactivity insufficient dietary diversity and food insecurity were identified as contributors to abdominal obesity close to 90% of participants were abdominally obese Conclusion The research revealed that 18% of the participant exhibited abdominal obesity

Factors such as advanced age being female having a low wealth index physical inactivity.

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