


REPLY TO LETTER TO EDITOR: EFFECTS OF EXERCISE TYPE AND INTENSITY ON VISFATIN AND THE METABOLIC SYNDROME IN OBESITY



ANSWER LETTER
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Thanks for your comments

First, time means pre-test (0 week) and post-test (8 week) as an independent variable.

Second, although not described in this paper, exercise time was quantified, and results agreed with your opinion. That is, the higher the intensity of the exercise, the shorter the exercise time, and the lower the intensity of the exercise, the longer the exercise time. However, the same amount of exercise was applied based on calorie consumption.

Therefore, in this paper, the effect of the types and intensity of exercise on visfatin and the metabolic syndrome in obesity was verified by making the amount of exercise the same based on calorie consumption.¹

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Fast tracking

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