

## BOND OF BLOOD SUGAR LEVEL WITH EXERCISE

Muhammad Imran Qadir & Hurain Shaukat\*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

(Received on Date: 19 February 2019

Date of Acceptance: 12 March 2019)

### ABSTRACT

In this study there were 120 subjects studied in Bahauddin Zakariya University for measuring the sugar level in them to make the appropriate data for further evaluation. Basically the sugar level in the human body should be in normal range it should not beyond its limit.

**Keywords:** Meter device, students, sugar level

**No: of Tables: 3**

**No: of References: 10**



## INTRODUCTION

Blood sugar level is known as blood glucose level which is in the form of energy. In foods carbohydrates are the part of proteins. In the normal state the insulin in the blood regulates the blood glucose level. It is used to monitor and diagnose the diabetes. It is very necessary to maintain the sugar level especially in pregnancy situations as well. The normal level is between 4 to 8 mmol/l. After consumed the food, the blood sugar level will rise. (1) Exercise is essential for healthy living. It also helps to sustain the balance in the body and prevent from heart disease, stroke, type 2 diabetes, blood pressure and cholesterol. Due to this type of activity the blood in body pumps and also large group of muscles work. Walking and swimming are the normal activity in daily life. (2)

Purpose of present study was cast-off to identify the tie of sugar level with exercise.

## MATERIALS AND METHODS

### Extent of Blood sugar level

Prick the finger with needle and took a drop of blood sample on test band and then place the strip on meter, it displays

the sugar level. Meters vary in size, cost and features. Meter device shows the results.

### Project Design

A Survey was set concerning the bodybuilding.

### Numerical Study

It were skilled by MS Excel.

## RESULTS AND DISCUSSION

In this project the t.test was performed from which the  $p$  value calculated. Data is collected from 120 subjects. The means and standard deviation values also calculated. In which the students were agreed to the exercise likeness or dis likeness according to their sugar level. The accurate significant  $p$  value is less than 0.05 or 0.1. But from this analysis each value is insignificant or significant. The average value of table 1, 2 and 3 is given as follows. And also their  $p$  vales as well. The  $p$  value of males is 0.94 (insignificant), female is 0.11 and both is 0.1 that is significant.

**Table 1: Relation of Blood sugar level with Exercise (Means+ standard deviation) is given in Table # 1 as follows:**

Exercise	Average blood sugar level±Standard deviation (males)	$p$ value
Likeness	94.65±8.69	0.94
Dis likeness	94±9.89	0.94

Table 2:

Exercise	Average blood sugar level $\pm$ SD (females)	p value
Likeness	91.31 $\pm$ 6.97	0.11
Dis likeness	94.4 $\pm$ 8.54	0.11

Table 3:

Exercise	Average blood sugar level $\pm$ SD (both)	p value
Likeness	92.23 $\pm$ 7.67	0.1
Dis likeness	94.65 $\pm$ 8.47	0.1

## Conclusion

Questionnaire based studies have been given important research outcomes(3-10). Sugar level decrease while doing the physical activity such as exercise. It increased the up regulation of glucose. Exercise devices are also used for the patients so that they can monitor their exercise activity.

## REFERENCES

**Mortensen T.** The effect of sucrose vs non nutritive sweeteners on blood glucose levels during exercise ( Doctorial dissertation , the William Paterson university of new jersey.

**Scott SN, Cocks M, Andrews RC, Narendran P, Purewal TS, Cuthbertson DJ, Wagenmakers AJ, Shepherd SO.** Fasted high-intensity interval and moderate-intensity exercise do not lead to detrimental 24-hour blood glucose profiles. The Journal of Clinical Endocrinology & Metabolism. 2018 Sep 24;104(1):111-7.

**Qadir MI, Saleem A** (2018) Awareness about ischemic heart disease in university biotechnology students. Glo Adv Res J Med Medical Sci, 7(3): 059-061.

**Qadir MI, Ishfaq S** (2018) Awareness about hypertension in biology students. Int J Mod Pharma Res, 7(2): 08-10.

**Qadir MI, Mehwish** (2018) Awareness about psoriasis disease. Int J Mod Pharma Res, 7(2): 17-18.

**Qadir MI, Shahzad R** (2018) Awareness about obesity in postgraduate students of biotechnology. Int J Mod Pharma Res, 7(2): 14-16.

**Qadir MI, Rizvi M** (2018) Awareness about thalassemia in post graduate students. MOJ Lymphology & Phlebology, 2(1): 14-16.

**Qadir MI, Ghalia BA** (2018) Awareness survey about colorectal cancer in students of M. Phil Biotechnology at Bahauddin Zakariya University, Multan, Pakistan. Nov Appro in Can Study, 1(3): NACS.000514.2018.

**Qadir MI, Saba G** (2018) Awareness about intestinal cancer in university student. Nov Appro in Can Study, 1(3): NACS.000515.2018.

**Qadir MI, Javid A** (2018) Awareness about Crohn's Disease in biotechnology students. Glo Adv Res J Med Medical Sci, 7(3): 062-064.

