Continuous and interval training exercise programme: its relationship with biochemical parameters among some Nigerian undergraduates

Abstract
The importance of exercise and fitness in the management of diabetes has dominated the scientific research space in recent years. This present study therefore emphasizes the advances and facts relating metabolic stress hormones, diabetes and exercise. Twenty apparently healthy Nigerian students whose mean age was 23.67±2.78years, mean heights 1.77±0.84m and average body weight 66.26±7.53kg participated in the study with internal training exercise programme for six weeks and continuous for the last two weeks. The testosterone, cortisol and Gamma Glutamyltransferase (GGT) levels were increased while the insulin level decreased although only cortisol and testosterone mean differences were significant after the exercise. From the result, it can be concluded that continuous and internal training exercise programmes are effective in managing stress-induced pathological (degenerative) diseases. Exercise is therefore recommended as a non-pharmacological adjunct in managing some metabolic syndrome such as non-insulin dependent diabetes and obesity among Nigerian students who are to an extent prone to stress.

Keywords: physical activity, insulin, cortisol, non-insulin dependent diabetes, obesity

Introduction
There are several studies in the research space trying to reveal the relationship between exercise, age and their various metabolic modifications in blood profiles. These facts on relationship among blood parameters and their variations are usually in relation to the stress level and relatively the type of exercise done by the individuals. It was reported by Hussamettin & Evrim that there is improved physiological and physical features of an organism during exercise training programmes performed for three weeks. The variations in physiological changes that result from exercise depend on the intensity and durations of the exercise training performance. Students have been observed to be highly susceptible to stress and the environment. It has also documented that the risk of type 2 diabetes is possibly due to increase in BMI and promoted by obesity especially resulting from sedentary lifestyles. Diabetes is a heterogeneous group of syndrome characterized by the elevation of fasting blood glucose which can be as a result of relative or absolute deficiency of insulin as seen in type 1 or insulin resistance (insensitivity) as seen in type 2.

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and well-being. This has been shown to be performed for various reasons including but not limited to increasing growth and development as well as for the prevention of ageing, strengthening of muscles and achieving positive effects on body metabolism. Exercise can be interval training or continuous training with the interval training involving a combination of rounds of jogging and then resting maybe by way of walking within a time interval. The essence of which is to allow the body to have a maximum recovery periods which are specified in terms of duration, distance or both. The continuous training exercise programme involves a low to moderate exercise intensity without resting intervals or recovery periods. It is essentially used to prepare the body for sustained workouts and improve overall fitness and endurance.

Cortisol is a hormone that have documented for its ability to help the human body respond to stress through its role in intermediary metabolism such as the stimulation of gluconeogenesis, lipid oxidation and protein metabolism in order to make fuel in the form of energy available to relieve the stress. Testosterone has also been implicated in growth of muscle mass and strength notwithstanding its importance in the development of positive bone density. The importance of insulin in the modification of the activities of various enzymes implicative of the carbohydrate, protein and lipid metabolism cannot be overemphasized. Nevertheless, the insensitivity of cells to its presence is pathological and has been shown to be positively correlated with increased accumulation of body fats and obesity. Similarly, the type of lifestyle (active or sedentary) mediates the fitness and wellbeing of that individual.

Sedentary lifestyles tend to increase the likelihood of the development of insulin resistance due to weight gain whereas, physical activities tends to reduce this possibility. Though various effects of some sort of physical activities on some hormones and glucose regulations have documented, there remains a gap and this study therefore sought to investigate the interdependence and correlation between certain stress hormones, blood glucose regulation and a feedback from exercise.

Materials and methods
Subject
Twenty apparently healthy Nigerian students whose mean age was 23.67±2.78years, mean heights 1.77±0.84m and average body weight 66.26±7.53kg from the Department of Biochemistry University of Benin, Nigeria.
Benin, Nigeria participated in the study. Subjects were randomly selected and consented to participating in the exercise programme. Subjects who were known to be actively involved in any known structural regular exercise protocols or training programmes were excluded.

**Exercise protocol**

These training programmes were performed in the early hours (5:30am-7:00am) of the day for 3 days in a week. The subjects were made to perform muscle flexibility exercise as a build up to the track field jogging with recovery periods (interval exercise programme) during the first six weeks and continuous exercise programme for the next two weeks.

**Biochemical analysis**

Blood was collected from each consenting student the first day before the commencement of the exercise programme (control) and at the end of the programme (subjects) at the Biochemistry laboratory Department, University of Benin Teaching Hospital. Blood samples were centrifuged at 1200Xg for 5mins at room temperature (29-31°C) and the supernatants were stored frozen for biochemical analysis. The methodology described by HO et al.,

The result of this study showed that significant difference was observed in testosterone and Cortisol levels (p<0.05) in test group when compared to control while only insulin showed a mean higher value for control (pre-exercise) groups compared to the post exercise subjects, insulin; t=1.240 and t=0.054 (0.05,2,20), r=0.362 and post-exercise: r=0.8622, r=0.054 (0.05,2,20), =0.362).

**Discussion**

Result of this study showed that significant difference was observed in testosterone and Cortisol levels (p<0.05) in test group when compared to control while only insulin showed a mean higher value for control (pre-exercise) groups compared to the post exercise groups (Table 1). A negative correlation was also observed between cortisol and insulin levels among post-exercising samples (Table 2) and this result aligns with report by Mohammed et al., Hakonsen et al. and Tamura et al.

for oxidation by the rapidly metabolizing fast moving muscles. When the continuous training sets in, the exercise becomes more vigorous and so the oxidative trend tends to be anaerobic as the NADH (elevator acceptor in oxidative phosphorylation) gets depoled, the TCA cycle is slowed down. To regenerate NADH, NAD+ is used up in anaerobic pathway (lactic acid) and in this case glycogen store gets depleted and glucose level in the blood is expected to drop by ten-fold due to the shift as observed by Louis Pasteur. The drop in the blood glucose level causes the B-cells of the islet of Langerhans to be desensitized and there will be a corresponding drop in the insulin production. This explains the decrease in plasma insulin level after the 6-week training programme and the negative correlation between Cortisol hormone and insulin after the training period. The increase in Cortisol level is to regulate the protein synthesis of certain enzymes (such as hormone sensitive lipase) which are actively involved in the breakdown of adipose fat, protein and lipids to yield amino acids and fatty acids that are oxidized for energy. GGT is synthesized in response to stress and the increased plasma level of GGT is based on the stimulating effect of Cortisol on its synthesis to regulate the stress effect. Since secretion of Cortisol and other hormones such as epinephrine and glucagons exerts an opposing effect to insulin, a negative correlation is therefore expected and this was observed after the exercise (Table 2).

Conclusion

The present study though involves subjects that were apparently healthy with regards to BMI and body weight, the post-exercise measurements signify the importance of exercise even among individuals who are apparently healthy. Thus, reducing their risk of degenerative diseases whose promoter is basically free radicals. It can therefore be concluded that continuous and interval training exercise programmes are effective non-pharmacological approach in the management and risk reduction of metabolic disorders such as obesity and non-insulin dependent diabetes mellitus among Nigerian students.

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Conflict of interest

The author declares no conflict of interest.

References


