

Daily exercise: time for a global anti-obesity willpower

Synopsis

Obesity as a major global public health concern has become a real human cancer in causing many consequent health issues. Effective strategies of obesity prevention will unimaginably improve life quality worldwide, amongst which is rigorous public education on normalizing regular daily exercise of adequate intensity. Principal efforts must not focus on weight loss or treatment, but instead wisdom must develop initiatives to develop prevention approaches. This is final frontier in realizing normal body and wisdom weight.

Keywords: obesity, public health, daily exercise, global willpower

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Science and critique

Obesity has become a real threat to quality human life. Naming obesity the rising “super-cancer” is reasonable since it predisposes the body to many other devastating diseases and disorders. The current public health programs must be criticized thoughtfully to improve recommendations for nutrition and life style. Of crucial significance is restructuring public education programs on the necessity of regular rhythmic exercise of daily and intense nature to prove effective and preventive as far as health issues are concerned. Suggestions on weekly exercise programs must be revisited and refined, as they will not meet minimum cell requirements for healthy metabolism and waste management.¹⁻¹⁰

Creating rhythmic regularities in cell substrate supply and oxidation is critical for healthy cell physiology. Substrates are basically supplied to body cells continuously and in very short time intervals that usually represents the circadian rhythmicity of human metabolism. This rhythmic pattern, thus, requires its corresponding rhythmic programs for substrate oxidation and waste management, such that cells can perform their tasks timely, durably and healthfully. For the process to occur normally especially for substrate oxidation and cell cleaning and refreshing, energy demands must increase that means both physical and brain work are greatly required.^{2,7,10}

There must be a mandate for global willpower on educating and practising daily and regular physical activity of adequate intensity.¹¹⁻¹⁶ This is going to determine the success of anti-obesity public health programs.

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Conflict of interest

The author declares no conflict of interest.

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