

Exercise into Size

Poetry

The fact about exercise
Must not be at any size
Intense enough for sweat
Rate of heart must maximize

Should exercise every day
Circadian knows the way
Eating resting need drop
For the balance of the pay

No nutrition does the job
Small enough keep the gob
Evening becomes crucial
When insulin comes to fob

To tolerate glucose
You must use up adipose
Burning fatty of belly
You must not laze overdose

Listen but not overlook,
This is tip of multi-book
Move and move and exercise,
Not be trapped by the hook.¹⁻¹⁰

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Conflict of interest

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Akbar Nikkhah

Department of Animal Sciences, University of Zanjan, Iran

Correspondence: Akbar Nikkhah, Chief Highly Distinguished Professor, Department of Animal Sciences, Faculty of Agricultural Sciences, University of Zanjan, Foremost Principal Highly Distinguished Elite-Generating Scientist, National Elite Foundation, Iran, Email anikkha@yahoo.com

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