The Food and exercise simulation program for Metabolic syndrome people

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Introduction

It is actual in the field of all modern society that using computer are performed partially in organization food company, such as a university, a research institute, and a hospital but user position health computer program nothing. It considered like this point from the research which it sees and the menu and the motion which apply the computer the program which is the possibility of being in parallel to the important diseased patients and a personal satisfaction and a healthy degree and it provided it raised the base research for and to sleep it accomplished it did.

Abstract

To evaluate the appropriateness of residents' In this program, the food database was established based on "Food Values of Portions Commonly Used" and the exercise database was established based on the unit calorie consumption per hour. In fact as our developed simulation program, the metabolic syndrome people managed preponderantly contribute to mitigation and healthy improvement

Keywords

Metabolic syndrome, Food, menu

Method

Construction of Renal Dosing Reference The metabolic syndrome simulation program

-C# languages using development

- Food database (n=1819)

- Exercise database(n=39)

Results

Table 1. Food Data base

Food group	Numbers of Food	Food group	Numbers of Food
Rice	52	braised foods	57
noodles and mandu	41	fried foods	83
bakeries and confectioneries	186	seasoned vegetables	120
gruels	21	kimchies	16
soup and hot soup	124	raw fished	37
seasoned-fermented foods	8	salt-fermented foods	35
steamed foods	40	stew and casserole	68
grilled foods	53	seasonings	57
pan-fried foods	45	beverages	88
stir-fried foods	101	fruits	89
milk and dairy products	45	meats, vegetables and nuts	139
dduk	20	others	276

Table 2. Exercise Data base

Item	kal	Item	kal
Ironing	65	walk slowly	80
walk fast	114	stairs jumpping	188
Bicycle	92	study	4
fold quilt	114	window shopping	65
Clean	69	clean floor	114
Cook	68	drive	41
rush hours subway ride	53	go up and down stairs	141
computer game	44	eat	38
Sleep	24	singing	41
Dance	150	laugh	33
Bath	84	mountain	196
skipping	224	jogging	196
swim(free-sty)	518	swim(balanced)	273
ride the surf	176	aerobics	126
Tennis	176	ski	186
basketball	200	bowling	90
softball	90	volleyball	200
ping-pong	200	baseball	180
Cycle	111	aquatic ski	200
dodge ball	102		

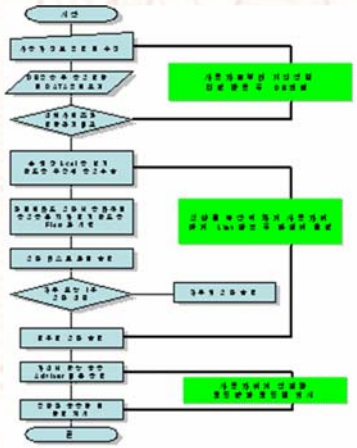

Figure 1. Program flowchart

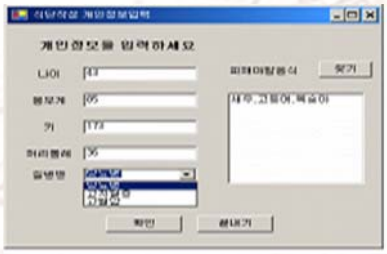

Figure 2. Personal information input screen

Figure 3. Menu screen

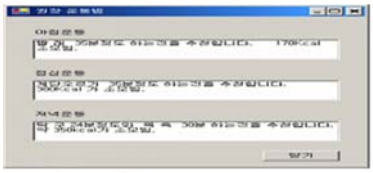

Figure 4. Promotion exercise screen

Conclusion

From the research which it sees in the object it followed 6 people in the menu and motion simulation program.

Metabolic syndrome people "food and exercise" resulted low calorie food menu and aerobic exercise.

The individual the direct menu easily will apply the motion law program from the research which it and the possibility health control effectively from daily life.

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