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The Food and Exercise Simulation Program for Metabolic Syndrome People

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Abstract

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

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.

Methods

The metabolic syndrome simulation program

- C# languages using development

- Food database(n=1819) and Exercise database(n=39)

Table 1. Food Data base

Food group	Number of Food	Food group	Number of Food
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]

Table 2. Exercise Data base

Item	[illegible]	Item	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]

Results

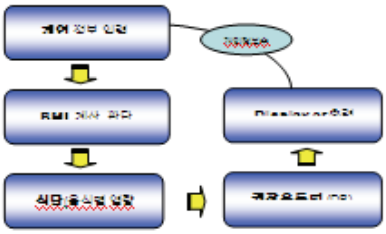

Figure 1 - Program Follow

Figure 1 - Main screen

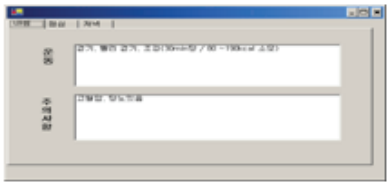

Figure 2 - Exercise screen

Table 3 - 1 day food & exercise

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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