



## Feasible Lifestyle Modifications to Minimize Diabetes and Slow Down Aging

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### Commentary

This commentary article aims to describe major possible lifestyle modifications for today's modern human to slow down diabetes and reduce its severity of aging process. Such lifestyle modifications involve improving eating habits, increasing physical activity, and reducing environmental stresses [1-11]. Eating regimens have been a center of extensive research to avoid obesity and reduce the likelihood of associated disorders and metabolic abnormalities. Continuous or intermittent restrictions on energy consumption have been proposed to increase weight loss in obese people. But, prevention is always superior to treatment. Thus, there is an urgent need for lifestyle changes to prevent obesity and thus to reduce the risk of obesity-related cardiovascular and brain-heart irregularities. Such changes will help the body to enter the aging process later in life.

As for eating habits, total daily nutrient intake, time of eating/meals, frequency of eating, sequence of eating, and their synchrony with the time of physical activity must be optimized. Consuming frequent small meals is preferred over large few meals. This strategy decreases the risk of insulin resistance and glucose metabolism abnormalities. As a result, the type-2 diabetes may be more successfully prevented. Given the decreased ability of body to metabolize and tolerate energy/glucose overload during evening and night, large evening and night meals must be avoided to strengthen the efforts to reduce diabetes. High-

energy meals and foods must be rather taken during morning and day time to prevent and reduce obesity. As a general and practical rule, eating (at each and every meal) must be ceased before feeling full. Individuals with normal body weight and body mass index would be less likely to suffer from metabolic and cardiovascular issues at the same age. Organic food consumption may also reduce cancer risks. This would imply a higher life quality and slower aging.

The increased work-load of today's man has contributed to a time-mismanagement that has consequently led to reduced chances for exercise. More importantly, the intensity of exercise in many individuals does not meet the minimum requirements for healthy lifestyle. For instance, a weakly minimum of 150-300 min intense physical activity is required before the benefits of exercise can be realized. Adequately intense exercise requires sweating and increased heart beating, so that speaking may be hardly possible. Preferably, it is recommended to exercise physical activity on a daily basis. Doing a minimum of 30-40 min daily intense exercise is a recommendable strategy for significantly improved lifestyle. Due to reduced glucose tolerance during evening and night, an optimum time for exercise would be during late afternoon and early evening to enable the body to better handle nutrients during this time of the circadian period. However, care must be taken to not overly

increase the post-exercise food and energy intake, which would otherwise abolish the effectiveness of exercise.

The above modifications in eating and exercise habits and routines should reduce stress on body and mind. In addition, efforts must be made to increase inter-personal and inter-family relations and communications to effectively socialize all the time especially during times of increased stress. In so doing, today's man can experience a less stressful life despite an increased workload. This could help slow down aging and improve life satisfaction in adults of all age groups.

To summarize, feasible modifications need to be made in eating regimens and exercise duration and intensity to enable the body and psyche to reduce the magnitude of environmental stressors. Such improvements in eating and exercise habits must be complemented with increased socialization and improved inter-personal and inter-family relations and communications. These should optimistically help minimize diabetes, slow down aging and improve life quality.

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