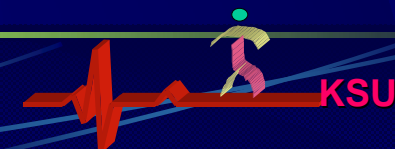


# Effect of Exercise on Glucose Control and Diabetes Prevention

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# Major Outlines

- **Basic Definition & Concepts of Health-enhancing Physical Activity.**
- **The Important Role of Exercise in Diabetes Prevention & Management.**
- **Metabolic Calculations of Energy Cost of Activity**
- **Case Studies on Exercise Prescription for Diabetic Patients.**

