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Abstract

Type 2 diabetes mellitus (DM) and coronary heart disease (CHD) are metabolic diseases that cause a lot of complications. Regular physical exercise and programmed to prevent or delay the onset of type 2 diabetes and CHD. Previously, the preferred dose of physical exercise is the duration and frequency but now attention shifts to the intensity because the intensity determines the metabolic pathways. But the intensity of physical exercise effective influence is still much debated. Physical exercise of high intensity (anaerobic) and low intensity physical exercise (aerobic) is still done separately. Aerobic physical exercise is primarily to improve the functional capacity of cardiorespiratory system and improve blood circulation, including coronary artery so as to reduce the risk of CHD. Type 2 diabetes may increase the prevalence of CHD of about 2-4 times compared to non-DM. DM patients decreased insulin receptor sensitivity and a decrease in T4 Glu (Glucose Transporters) that resulted in carbohydrate and lipid metabolism disorders. Exercise regular intervals can help control blood glucose levels and dyslipidemia in order to prevent the occurrence of CHD. Type 2 diabetes may increase the risk of CHD. Effective physical exercise is interval training is an anaerobic/aerobic, with work/rest ratio of 1:1. In conclusion, the anaerobic and aerobic physical exercise are combined in interval training is an effective physical exercise to reduce the risk of type 2 diabetes and CHD.

Keyword : type, 2, diabetes, CHD, interval, training,

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