

How does Glucose in Urine tie-up with Potential to do Exercise?

Muhammad Imran Qadir, Hira Asif

Institute of Molecular Biology and Biotechnology

Bahauddin Zakariya University

Multan, Pakistan

E-mail: heeraasif1997@gmail.com

Abstract

The main desire to investigate this was how does glucose in urine tie-up with potential to do exercise. 100 tutees took part in this activity and were undergraduates at Bahauddin Zakariya University, Multan, Pakistan. Glucose is an essential energy molecule required by all organisms. Glucose test is for determination of the glucose quantity in the sample of urine. Exercise is entitled as skeletal limbs motion of body. Life of a human being is impossible without regular fitness of body. Test samples for urine were taken from tutees and labeled. A dip stick test was performed by us by dipping stick into urine sample. Variation in the tone of stick was observed and recorded. A questionnaire was prepared and with the acceptance of tutees it was presented to them and their upshots were recorded. It was deduced that glucose in urine tie-up with potential to do exercise.

Keywords: Glucose, Exercise, tie-up

Introduction

Glucose is an essential energy molecule required by all organisms (1-2). Glucose test is for determination of the glucose quantity in the sample of urine. Glucose is a type of sugar distributed to all various cells in the body by the blood. The carbohydrates consumed are converted into glucose by the body which is then utilized for energy. Glucose is transferred from blood to cells with the aid of a hormone released from Pancreas called Insulin which also maintains and regulates the glucose level in the body. Surplus glucose is deposited as glycogen in liver and muscles. Raised glucose in the body will be expelled through urine. A large amount of glucose in the urine can be indication of diabetes. Performing this test is simpler than blood test but its not as precise as the later one. Glucose urine test is utilized only in case the blood test is troublesome and unmanageable. Exercise is entitled as skeletal limbs motion of body. Life of a human being is impossible without regular fitness of body. A structured plan of exercise is repetitive process for strengthening of body muscles and enhancing our mental capabilities. Exercise makes us feel relax able and light. From the early ages till today humans are inspecting for better than before. Even if we simply dance is burning our calories. Walking thirty minutes a day is mandatory for every individual to stay healthy.

The main desire to investigate this was how does glucose in urine tie-up with potential to do exercise.

Material And Method

100 tutees took part in this activity and were undergraduates at Bahauddin Zakariya University, Multan, Pakistan.

Measurement of Glucose:

Test samples for urine were taken from tutees and labeled. A dip stick test was performed by us by dipping stick into urine sample. Variation in the tone of stick was observed and recorded.

Project Design:

A questionnaire was prepared and with the acceptance of tutees it was presented to them and their upshots were recorded.

Statistical Analysis:

Percentage of data was calculated using MS EXCEL.

Results

The outcomes of the investigation were given in table below. In table 1 it was deduced that 76% subjects had negative outcomes for glucose and 1% showed positive (50) for thirty minutes of exercise. According to table 2, we deduced that 11% showed negative results while 2% showed positive results for glucose presence in urine who exercise for sixty minutes. In table 3 and 4, tutees who exercised for ninety minutes and one-twenty minutes showed 5% negative outcomes for glucose presence in urine. In figure 1, we had come up with outcome that tutees with positive glucose level of 66% had potential to do exercise for 60 minutes while 33% had potential to do exercise for 30 minutes.

Table 1: How does glucose in urine tie-up with potential to do exercise for 30 minutes?

30 minutes	Negative	Positive (50)
Percentage	76%	1%

Table 2: How does glucose in urine tie-up with potential to do exercise for 60 minutes?

60 minutes	Negative	Positive (50)
Percentage	11%	2%

Table 3: How does glucose in urine tie-up with potential to do exercise for 90 minutes?

90 minutes	Negative	Positive (50)
Percentage	5%	0

Table 4: How does glucose in urine tie-up with potential to do exercise for 120 minutes?

120 minutes	Negative	Positive (50)
Percentage	5%	0

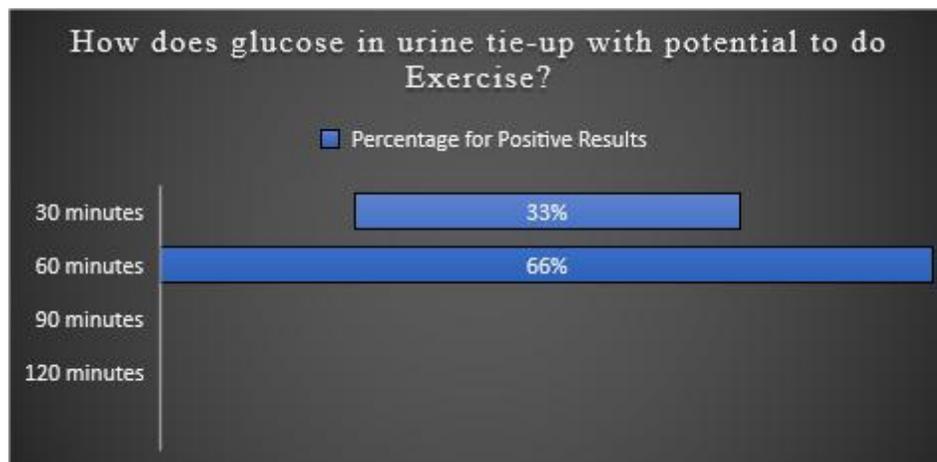


Figure 1: How does glucose tie-up with potential to do Exercise?

Discussion

The questionnaire-based investigation shows magnificent outcome for upcoming research projects (3-10). There has already been work done on the significant relations of exercise with pulse-rate and normal body temperature. Both these researches showed relation with the variables (11-12).

Conclusion:

It was deduced that glucose in urine tie-up with potential to do exercise.

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