

# LETTER TO EDITOR FOR THE MANUSCRIPT: EFFECTS OF EXERCISE TYPE AND INTENSITY ON VISFATIN AND THE METABOLIC SYNDROME IN OBESITY



LETTER TO THE EDITOR  
CARTA AO EDITOR  
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Fátima María Aguilar López<sup>1</sup>   
(Medicine Student)

1. Facultad Ciencias de la Salud,  
Universidad Dr. José Matías  
Delgado, San Salvador, San  
Salvador, El Salvador.

## Correspondence

Fátima María Aguilar López  
Universidad Dr. José Matías  
Delgado, Antiguo Cuscatlán,  
El Salvador.  
fat21aguilar@gmail.com

Recently, Assistant Professor Jangkyu Lee published an article entitled “Effects of exercise type and intensity on visfatin and metabolic syndrome in obesity” in the *Revista Brasileira de Medicina do Esporte*,<sup>1</sup> which I found interesting and decided to read with great interest. Regarding this work, I think it is important to review some points within the results that may lead to confusion for some readers who are not familiar with the subject.

The methodology describes the different exercise regimens to be implemented during the 8 weeks program and it states that is going to be energy consumption based (400kcal), the exercise intensity and RPE will be continuously supervised and possibly adjusted. On the other hand, in the results it’s mentioned that there is no significant interaction between groups and time of body weight and body fat percentage, however in none of the results tables the time is quantified, the study only states the amount of calories lost during the different exercise regimens. In my opinion, quantifying calorie loss over a given amount of time for each of the exercise regimens would have allowed both, authors and readers, to identify whether the exercise regimen modifies the amount of calories lost over time or whether the time in which a specific amount of calories is lost is influenced by the type and intensity of the exercise.

On the other hand, the results do not mention that these could have been influenced by the amount of population participating in the study and the conclusions only reaffirm that exercise is important, however, the study fails to make a contribution on the effects of the different types and intensities of the exercises on visfatin and the metabolic syndrome in obesity.



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## REFERENCES

1. Lee JK. Effects of exercise type and intensity on visfatin and the metabolic syndrome in obesity. *Rev Bras Med Esporte*. 2021; 27(2): 170-173.