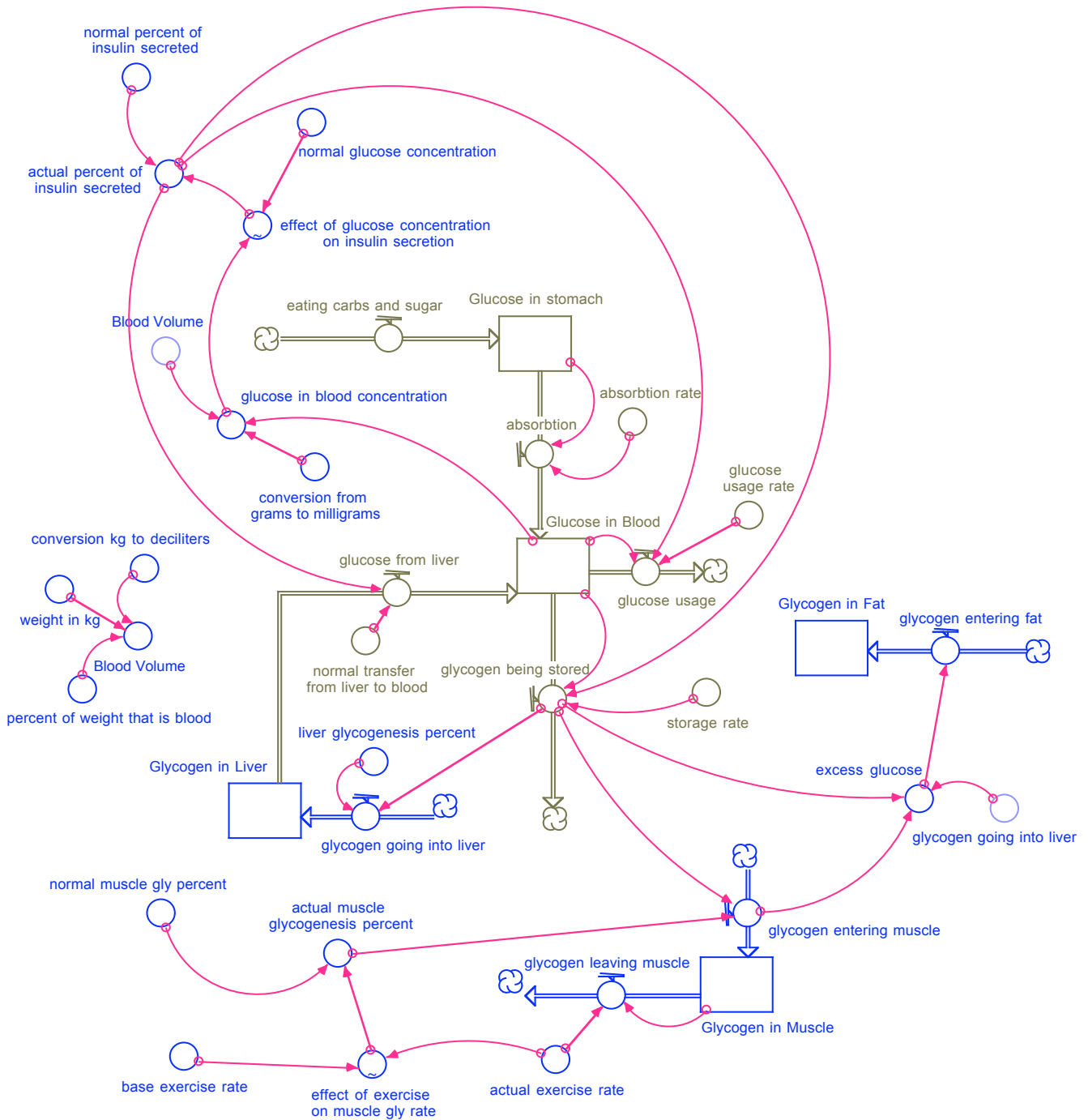


# How Does Diet and Exercise Affect Glucose Levels and Metabolism?

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Core diagram structure (not equations) taken from Abdel-Hamid, Tarek K. "Exercise and Diet in Obesity Treatment: An Integrative System Dynamics Perspective." *Medicine & Science in Sports & Exercise*. Vol. 35, No. 3, pp 400-414, March 2003.