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### **Biodata**

**Farah Fauzi** is a senior lecturer at the Center for Community Health, Faculty of Health Sciences, UKM. She completed her first degree in Biomedical Science (UKM) followed by a Masters in Sports Science (USM). Farah pursued her PhD studies at the University of Glasgow, Scotland investigating the effects of exercise on postprandial metabolism in response to *ad libitum* feeding in overweight/obese men. Her work went on to be published in leading international journals in sports and nutrition, as well as being featured in BBC One documentary '*Ten Things You Need To Know About Losing Weight*'. Farah's research interest lies in metabolic health, high intensity interval training and in particular, how exercise can improve postprandial metabolism and cardiovascular reactivity across various populations. She enjoys nature and has a love-and-hate relationship with yoga, weight training and chocolate cake.

### **Abstract**

#### **Prescribing Exercise for Cardiometabolic Health: What Do Current Evidence Recommend?**

Disruption in macronutrient metabolism following a meal can contribute to the long-term development of cardiometabolic disease, but for many years the clinical focus has centred on the metabolic presentation after an overnight fast. More recently, the postprandial state, i.e. 'the period that comprises and follows a meal', has received more attention. Humans spend most of their lifetime, up to two-thirds of each day, in the postprandial state. Unhealthy eating habits and physical inactivity can lead to metabolic disturbances in the postprandial state known as **postprandial dysmetabolism**, characterized by elevated levels of plasma glucose and triglyceride (TG) following a meal. While the conventional cardiometabolic risk factors are commonly evaluated in a fasting state, postprandial dysmetabolism reflects a more accurate parameter for the assessment of carbohydrates and lipids homeostasis in relation to metabolic health and disease. Epidemiological and experimental studies have shown that the degree to which blood glucose and TG are elevated 1–2 hours following a meal is associated with increased cardiovascular disease risk. Patients with premature cardiovascular disease often have postprandial dysmetabolism, a hidden risk factor found in individuals even with a normal fasting lipid profile. Since we spend many hours each day in a postprandial state, minimizing postprandial elevations in blood glucose and TG is a sensible approach to

maintain cardiometabolic health. Habitual lifestyle factors such as exercise and dietary patterns play an important role in mitigating the effects of postprandial dysmetabolism. The presentation will discuss around effective ways how everyday physical activities can contribute to lowering postprandial glucose and TG, and thus cumulatively reduces long-term disease risk, especially in individuals with limited time or exercise capacity to engage in more structured forms of exercise, or longer bouts of physical activity.