1. Introduction 1-32

1.1 Components of Metabolic Syndrome

1.2 Pathogenesis of Metabolic Syndrome

1.2(a) Obesity and Abnormal Body Fat Distribution

1.2(b) Insulin Resistance

1.2(c) Blood Pressure

1.2(d) Independent Factors that Mediate Specific Components of the Metabolic Syndrome

1.2(e) Other Contributing Factors

1.3 Diagnosis

1.4 Physical Activity

1.5 Health Benefits of Physical Activity

1.5(a) Premature Death

1.5(b) Cardiorespiratory Health
1.5(c) Metabolic Health
1.5(d) Obesity and Energy Balance
1.5(e) Musculoskeletal Health
1.5(f) Functional Ability and Fall Prevention
1.5(g) Cancer
1.5(h) Mental Health

1.6 Metabolic Syndrome and Physical Activity

2. Review of Literature

2.1 Definition of Metabolic Syndrome
2.2 Prevalence of Metabolic Syndrome
2.3 Components of Metabolic Syndrome
  2.3(a) Diabetes
  2.3(b) Hypertension
  2.3(c) Obesity / Waist Circumference
  2.3(d) Cardiovascular Disease
2.4 Metabolic Syndrome and Diet
2.5 Metabolic Syndrome and Physical Activity
2.6 Metabolic Syndrome and Family History
2.7 Metabolic Syndrome and Stress
3. Materials and Methods

3.1 Locale of Study

3.2 Subjects and Sample Size

3.3 Data Collection

3.4 Anthropometric Assessment
   3.4(a) Body Weight Measurement
   3.4(b) Measurement of Height
   3.4(c) Waist Circumference
   3.4(d) Body Mass Index

3.5 Blood Pressure
   3.5a Blood Pressure Assessment

3.6 Biochemical Assessment
   3.6a Fasting Blood Glucose Test
   3.6b Blood Lipid Profile
   3.6c High Density Lipoprotein
   3.6d Triglycerides

3.7 Questionnaire

3.8 Dietary Assessment
   3.8a 24-Hour Dietary Recall Method
   3.8b Dietary History
   3.8c Food Frequency Questionnaire
3.9 Assessment of Physical Activity

3.10 Gold Standard for Validation of Assessment of Physical Activity

3.11 Clinical Assessment

3.11a Phenotypic Markers of Metabolic Syndrome

3.12 Data Analysis

4. Results and Discussion

4.1 Distribution of MS Subjects by Different Definitions of Metabolic Syndrome

4.2 Distribution of MS Subjects by Gender

4.3 Baseline Information

4.4 Distribution of Metabolic Syndrome Subjects by Age and Gender

4.5 Percentage Prevalence of Diagnostic Characteristics of Metabolic Syndrome in the Subjects.

4.6 Distribution of Diagnostic MS Components by Age and Gender

4.7 Family History

4.8 Physical Activity

4.9 Distribution of Subjects as per Global Guidelines for Physical Activity

4.10 Physical Activity over the years

4.11 Distribution of Subjects by Physical Activity Level (PAL)

4.12 Weekly Metabolic Energy Expenditure

4.13 Association of Physical Activity Levels with Independent Components of Metabolic Syndrome
4.13(a) Fasting Blood Glucose and Physical Activity Level
4.13(b) Triglycerides and Physical Activity Level
4.13(c) Waist Circumference and Physical Activity Level
4.13(d) HDL Cholesterol and Physical Activity Level
4.13(e) Blood Pressure and Physical Activity Level
4.14 BMI and Metabolic Syndrome
4.15 BMI and Physical Activity
4.16 Categorization of Subjects on the basis of Number of MS Diagnostic Components
4.17 Physical Activity and Number of MS Diagnostic Components
4.18 Mean Values of MS Diagnostic Components by Number of MS Diagnostic Components
4.19 Dietary Profile of the subjects
   4.19(a) Meal Pattern
   4.19(b) Skipping Meals
   4.19(c) Food Preferences
   4.19(d) Consumption of Fruits and Vegetables
   4.19(e) Consumption of Fats
   4.19(f) Type of Milk and other Beverages Consumed
   4.19(g) Smoking and Alcohol Consumption
4.20 Quantitative Analysis of Nutritional Intake