

Lifestyle and Diabetes

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“Do exercise every day
Intense enough all the way
‘No weekly or the longer
Sweat, close the hunger’
‘Little work in the morning
Do much bet in the evening”

“Overlooking breakfast
Is like living in the past
‘Listen take it at the lunch
Meal overnight is the punch
‘In the face of healthiness
Cells are then in laziness”

“Lives insulin diurnal
Rolls on the day like a ball
Less responding overnight,
Do not bother, day is right
Obese or if overweight,
You must run it not to wait
Lessen the food in the night,
This is to do not to cite
Take it now and emphasize,
Work out to be in the size
Diabetesity vanish now
For the poem not to how” [1-15]

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