

## What is Correspondence between Nitrates in Urine with Potential to Do Exercise?

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### Abstract

Main aim of this investigation was to find the correspondence between nitrates in urine with potential of doing exercise. 100 subjects took part in this activity and they were undergraduates at Bahauddin Zakariya University, Multan Pakistan. Presence of nitrates in the pee is common and is not hazardous whereas nitrites in the pee is a problem and harmful. Key to healthy life is exercise that is tagged as light or heavy body movement in repetitive postures. A dip stick test was utilized to estimate presence of nitrates in urine. Samples were collected in small containers and stick was dipped into it. The tone changes were observed on the stick after thirty seconds. The outcomes were recorded. A questionnaire was constructed and with the acceptance of subjects it was presented to them. It was deduced that there is no correspondence between nitrates in urine with potential to do exercise.

**Keywords:** Nitrates; Exercise; Correspondence

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### Introduction

Nitrites and nitrates are basically kinds of nitrogen but vary in chemical composition [1-2]. Nitrates contain 3 oxygen atoms whereas nitrite contain 2. These are present in some vegetables including leafy green, celery and cabbage. Presence of nitrates in the pee is common and is not hazardous whereas nitrites in the pee is a problem and harmful. The existence of nitrites in the pee is an indication of bacterial infection in urinary tract categorized as urinary tract infection. Infection could be either in bladder, ureter, kidneys or urethra. Dangerous bacteria enter the urinary tract and start reproducing quickly. Nitrates in pee indicates the presence of bacteria that leads towards urinary tract infections. They even contain enzymes that transforms nitrates to nitrites which ultimately appears in urine. This appearance of nitrites in urine is named as Nitrituria. For preventing inflammation and kidney or renal pelvis infection, bacteria should be detected early. Urine nitrite test is done for that purpose using a strip.

Key to healthy life is exercise that is tagged as light or heavy body movement in repetitive postures. Life of early human was energetic, he had to be fit all the time. Today human is lazy due to machine era. The easy access to food, shelter and necessities has made him slow. But still conscious humans are working out ones a day to maintain their body strength and fitness. Recommendation of thirty minutes of walk a day is mandatory to a normal healthy individual.

Main aim of this investigation was to find the correspondence between nitrates in urine with potential of doing exercise.

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### Material and Method

100 subjects took part in this activity and they were undergraduates at Bahauddin Zakariya University, Multan, Pakistan. Subjects included both males and females and were age of between 20 to 23 year.

**Measuring Nitrates:** A dip stick test was utilized to estimate presence of nitrates in urine. Samples were collected in small containers and stick was dipped into it. The tone changes were observed on the stick after thirty seconds. The outcomes were recorded.

**Project Design:** A questionnaire was constructed and with the acceptance of subjects it was presented to them. We made a questionnaire according to our desire and it was about the correspondence between nitrates in urine with potential to do exercise.

**Statistical Analysis:** Data was collected, outcomes were presented by finding out percentage.

### Results

Results were demonstrated in the form of table. In table 1, 73% subjects had negative results and had potential to do exercise for 30 minutes. 17% subjects with negative outcomes had potential of doing exercise for 60 minutes. 5% subjects with negative upshots had potential of doing exercise for 90 minutes and 120 minutes.

	30 minutes	60 minutes	90 minutes	120 minutes
Negative Results holder subjects in Percentage	73%	17%	5%	5%

### Discussion

These questionnaire-based investigations will play a great role in future research programs [3-10]. The affinity of pulse rate with tendency of doing exercise had already been known [11]. Significant co-relation of normal body temperature and tendency to do exercise had also been known [12]. Our work can be related with these works.

### Conclusion

As all the results showed that all subjects were marked negative with no actual correspondence of nitrates in urine. It was deduced that there is no correspondence between nitrates in urine with potential to do exercise.

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