Without Metabolic Syndrome

**Insulin Change (pmol/L)**

- **Without:**
  - *p<0.05, †p<0.01 MODERATE vs Non-Exercise Control

- **With:**
  - *p<0.05, †p<0.01 MODERATE vs Non-Exercise Control

**Glucose Change (mmol/L)**

- **Without:**
  - *p<0.05, †p<0.01 Exercise vs Non-Exercise Control

- **With:**
  - *p<0.05, †p<0.01 Exercise vs Non-Exercise Control

Metabolic Syndrome