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## The effects of exercise intervention on non-alcoholic fatty liver disease: A systematic review

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**N**on-Alcoholic Fatty Liver Disease (NAFLD) is currently the most common liver disease. Most studies have shown that exercise can improve the degree of liver fat, but the effects of intensity, type and frequency of exercise were still controversial. Aim is to confirm the effect of different types, intensity and frequency of exercise in reducing liver fat in non-alcoholic fatty liver patients. It is a systematic review. The research with Chinese and English of Randomized controlled trials were surveyed limited from 2013 to 2018. The recruited patients were over age of 18 who under NAFLD received exercise training program. The exclusion criteria included no full text, patients with progress to steatohepatitis or cirrhosis, more than one type of chronic disease or complication and fatty liver combined with other drugs or non-drug interventions. Eligible articles were appraised by the Critical Appraisal Skills Programme (CASP). A total of 7 articles were included in this study. The results of the study showed that at least 30-45 minutes, 3 times per week, for 2-4 months of exercise training program were effective in reducing liver fat in patients with non-alcoholic fatty liver patients no matter what type and intensity of exercise.

### Biography

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