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**FINDING INTERRELATION OF KETONES IN URINE WITH POTENTIAL TO DO  
EXERCISE****MUHAMMAD IMRAN QADIR AND HIRA ASIF\***Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan,  
Pakistan**\*Corresponding Author: E Mail: [heeraasif1997@gmail.com](mailto:heeraasif1997@gmail.com)**Received 16<sup>th</sup> May 2018; Revised 25<sup>th</sup> June 2018; Accepted 30<sup>th</sup> July 2018; Available online 1<sup>st</sup> May 2019**ABSTRACT**

The aspiration of the investigation was to interrelate ketones in urine with potential to do exercise. 100 subjects contributed in the activity and they were rookies at Bahauddin Zakariya University, Multan, Pakistan. Ketones are basically chemicals which are formed in liver. These are produced when a body is insulin deficient for converting glucose to energy and body fat is utilized as an alternative. Bodily movement utilizing limbs is tagged as exercise. Samples were collected from subjects and they were analyzed using a dip stick test. Stick was dipped into the samples for sixty seconds and tone changes were observed by the comparison of normal and effected tones on the dip stick. A questionnaire was constructed and with the permission of mentees it was presented to the subjects. It was about the interrelation of ketones in urine with potential of doing exercise. It was deduced that subjects with negative results can do exercise for 30 minutes.

**Keywords: Interrelation, ketones, exercise****INTRODUCTION**

Ketones are basically chemicals which are formed in liver (1-2). These are produced when a body is insulin deficient for converting glucose to energy and body fat is utilized as an alternative. The fat is converted to ketones by the liver which is then transmitted to the blood stream for utilization by the body as fuel. Ketones are

there in blood all the time and small quantity of it is passed out through pee whereas rest of it is filtered and reabsorbed in the body. Its level elevates in case of fasting, intense workout or low diet. In case the ketone level surpasses the capacity to reabsorb in blood, the excess ones are discharged through urine. It is called