

References

- Visceral adipose tissue and residual cardiovascular risk. *Cardiovasc Diabetol*. 2023;22:81.
- Visceral adipose tissue: the hidden culprit for type 2 diabetes. *Nutrients*. 2022;16(7):1015.
- Singh S, Gupta R, Misra A. Assessment of obesity in the Indian setting. *J Clin Transl Endocrinol*. 2023;34:100341.
- Ross R, Neeland IJ, Yamashita S, et al. Waist circumference as a vital sign in clinical practice. *BMC Med*. 2020;18:185.
- Ashwell M, Gibson S. Waist height ratio and early cardiometabolic risk. *BMJ Open*. 2016;6:e010159.
- International Diabetes Federation. Consensus definition of metabolic syndrome with updated ethnic cut offs. 2017.
- Waist height ratio and waist are the best estimators of visceral fat in type 1 diabetes. *Sci Rep*. 2020;10:18575.
- Stress related pathways and abdominal obesity. *J Clin Transl Endocrinol*. 2023;34:100341.
- De Lorenzo A, Romano L, Di Renzo L, et al. Clinical effects of weight loss on visceral adiposity. *Nutrients*. 2020;12(9):2671.
- Leidy HJ, et al. Higher protein intake in weight management. *Am J Clin Nutr*. 2015;101:1320S–1329S.
- Goldenberg JZ, et al. Low carbohydrate diets for visceral fat. *BMJ*. 2020;369:m241.
- Schwingshackl L, et al. Monounsaturated fats and metabolic health. *Crit Rev Food Sci Nutr*. 2018;58:1685–1705.
- Galbete C, Kröger J, Jannasch F, et al. Mediterranean diet and visceral adiposity. *Nutrients*. 2022;14:12.
- Harris L, Hamilton S, Azevedo LB, et al. Intermittent fasting and visceral fat. *Nutrients*. 2018;10:1536.
- Solah VA, Kerr DA, Hunt WJ, et al. Dietary fiber and visceral adiposity. *Nutrients*. 2017;9:1126
- Hall KD, Ayuketah A, Brychta R, et al. Ultra processed diets and calorie intake. *Cell Metab*. 2019;30(1):67–77.
- Piercy KL, Troiano RP, Ballard RM, et al. Physical activity guidelines. *JAMA*. 2018;320:2020.
- Johnson JL, Slentz CA, Houmard JA, et al. Exercise training and visceral fat. *Obesity*. 2019;27:1095.

- Viana RB, Naves JPA, Coswig VS, et al. Interval training and visceral fat. *Br J Sports Med.* 2020;54:1348.\
- Wewege M, van den Berg R, Ward RE, Keech A. Resistance training and visceral adiposity. *Sports Med.* 2018;48:1939.
- Keating SE, Johnson NA, Mielke GI, Coombes JS. Combined exercise and fat distribution. *Sports Med.* 2017;47(3):499–509.
- Chastin SFM, Egerton T, Leask C, et al. Sedentary behaviour and visceral fat. *Obesity Reviews.* 2019;20:1518–1529.
- Spaeth AM, Dinges DF, Goel N. Sleep restriction and fat gain. *Sleep.* 2015;38:1989–1997.
- Tasali E, Wroblewski K, Kahn E, et al. Sleep extension and metabolic outcomes. *JAMA Intern Med.* 2022;182:365–373.
- St-Onge MP, Mikic A, Pietrolungo CE. Circadian misalignment. *Nutrients.* 2016;8:555.
- Tomiyama AJ, Carmona S, Laraia B. Stress and visceral obesity. *Psychoneuroendocrinology.* 2019;103:1–8.
- Cramer H, Lauche R, Saha FJ, et al. Yoga for reducing central obesity. *Complement Ther Med.* 2016;23:108–120.
- Gupta CC, Coates AM, Dorrian J, Banks S. Shift work and visceral obesity. *Nutrients.* 2019;11:2743.
- Sutton EF, Beyl R, Early KS, et al. Early time restricted feeding. *Cell Metab.* 2018;27:1212–1221.
- Mateo GF, Granado-Font E, Ferré-Grau C, Montaña-Carreras X. Mobile app interventions. *JMIR Mhealth Uhealth.* 2017;5:e82.
- Pearson ES. Goal setting in obesity management. *Obes Res Clin Pract.* 2017;11:514–523.
- Gardner B, Lally P, Wardle J. Habit formation. *Health Psychol Rev.* 2016;10:455–468.
- Wansink B, Sobal J. Environmental cues and eating behaviour. *Nutrients.* 2015;7:7177–7188.
- Wang Z, Xu F, Ye M, et al. Social support and adiposity reduction. *BMC Public Health.* 2016;16:1–10.
- Bean MK, Powell LH, Symonds Downs D, et al. Motivational interviewing and weight outcomes. *Obesity.* 2015;23:70–77