

## Medicine Science In Sports Exercise Journal

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In their study, Hari and coworkers evaluated patients with NAFLD and found that aerobic exercise training for as few as 7 days led to an ~10% improvement in hepatic insulin extraction, with a concomitant ~35% increase in whole body insulin sensitivity.

Medicine & Science in Sports & Exercise

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Medicine & Science in Sports & Exercise is a monthly peer-reviewed medical journal covering research in sports and exercise science. It was established in 1969 and is published by Lippincott Williams & Wilkins on behalf of the American College of Sports Medicine. Its editor-in-chief is L. Bruce Gladden (Auburn University).

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Medicine & Science in Sports & Exercise®, an official journal of the American College of Sports Medicine, features original investigations, clinical studies, and comprehensive reviews on current topics in sports medicine and exercise science. With this leading multidisciplinary journal, exercise physiologists, physiatrists, physical therapists, team physicians, and athletic trainers get a vital exchange of information from basic and applied science, medicine, education, and allied health ...

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Medicine and Science in Sports and Exercise, 34, 1863-1867. Article. Dec 2002; Timothy R Burnham. Anthony Wilcox. The primary purpose of this study was to examine the effect of aerobic exercise on ...

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THEME 2: PERFORMANCE NUTRITION: STRATEGIES TO OPTIMIZE PERFORMANCE AND RECOVERY FOR COMPETITION AND KEY TRAINING SESSIONS. Pre-, During and Post-Event Eating. Strategies implemented in pre-, during, and post-exercise periods must address a number of goals. First they ... Hydration Guidelines: Fluid ...

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