



## Effects of physical activity on muscle adaptation and aerobic and metabolic fitness

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Although the benefits of implementation of physical exercise in daily lifestyle are beyond discussion, there is still a need to unravel the optimal exercise level and to further our understanding of the adaption of skeletal muscle to exercise and inactivity. Present talk will focus on our recent exercise intervention studies in man and the effect on metabolic and aerobic fitness. In particular the capacity for muscle and whole body fat oxidation and mitochondrial capacity will be in focus.



Thursday Sept 22<sup>nd</sup> at 13.15 at Zoophysiology