Exercise snacking Study

Exercise snacking Study

Exercise snacks: a novel strategy to improve cardiometabolic health

Small-scale proof-of-concept studies show that exercise snacks can improve cardiorespiratory fitness and indices of cardiometabolic health in previously inactive adults. Exercise snacks seem to be well tolerated and can offset the detrimental effects of prolonged sitting on metabolic outcomes and vascular function. Inactivity is associated with increased all-cause mortality and cardiovascular disease risk.

Exercise snacking Study

Exercise snacking to improve muscle function in healthy older adults: a pilot study

Exercise Snacking to Improve Muscle Function in Healthy Older Adults: A Pilot Study. Sixty-second sit-to-stand score improved by 31% in ES, with no change in Control ($p < 0.01$). Large effect sizes were observed for the difference in change scores between the groups for interpolated maximum leg pressing power.

Exercise snacking Study

Does motivation for exercise influence post-exercise snacking behavior?

We argue that controlled exercise motivation affects cognitive (both impulsive and reflective) and physiological pathways that frequently precede the consumption of hedonically pleasurable foods. Reflective processes are often a better predictor of deliberative snacking, whereas impulsive processes are a stronger predictor of spontaneous snacking. We conclude with a discussion of how exercise motivation can influence snacking behavior and how it can be used to help people achieve their long-term goals.

Exercise snacking Study

Exercise snacks and other forms of intermittent physical activity for improving health in adults and older adults: a scoping review of epidemiological, experimental and ...

Exercise snacks are brief intermittent bouts of physical activity spread across the day. Thirty-two studies were included (7 trial registers, 1 published protocol, 3 epidemiological studies and 20 trials reported across 21 studies) Three main terms were used to describe exercise snacks: exercise snack(ing), snacktivity and vigorous intermittent lifestyle physical activity (VILPA) The limited trial evidence showed exercise snacks had modest effects on improving cardiomyopathy and cancer mortality.

Exercise snacking Study

'Exercise snacks' before meals: a novel strategy to improve glycaemic control in individuals with insulin resistance

Small doses of intense exercise before each main meal would result in better blood glucose control than a single bout of prolonged, continuous, moderate-intensity exercise. Dosing exercise as brief, intense ‘exercise snacks’ before main meals is a time-efficient and effective approach to improve glycaemic control in individuals with insulin resistance.

Exercise snacking Study

Exercise snacks and physical fitness in sedentary populations

“Exercise Snacks” refers to engaging in multiple brief exercise sessions, each lasting less than or equal to 1

min, spaced at intervals of 1–4

hours (h) throughout the day. Vigorous intermittent exercise involves the brief and intense activities such as stair climbing or sprinting. Moderate intermittent exercise is better suited for older adults.

Exercise snacking Study

Acute effects of different “exercise snacking''modalities on glycemic control in patients with type 2 diabetes mellitus (T2DM): study protocol for a randomized controlled ...

Exercise has been established as an essential nonpharmacological approach in the management of T2DM. High-Intensity Interval Training (HIIT) and Sprint Interval training (SIT) protocols have become enormously popular among T2 DM population as time-efficient and effective solutions. It remains unclear how breaking the HIIT and/or SIT protocols can affect glycemic responses and outcomes such as enjoyment and affect.

Exercise snacking Study

Exercise snacks are a time-efficient alternative to moderate-intensity continuous training for improving cardiorespiratory fitness but not maximal fat oxidation in inactive ...

Exercise snacks are a time-efficient alternative to moderate-intensity continuous training for improving cardiorespiratory fitness but not maximal fat oxidation in inactive adults. Study involved 6 flight, 126 steps, and 18.9m total height bouts separated by 1 h rest.

Exercise snacking Study

Adaptations to short, frequent sessions of endurance and strength training are similar to longer, less frequent exercise sessions when the total volume is the same

Adaptations to short, frequent sessions of endurance and strength training are similar to longer, less frequent exercise sessions when the total volume is the same. The hypothesis that the distribution of weekly training across several short sessions, as opposed to fewer longer sessions, enhances maximal strength gain was evaluated. Twenty-nine subjects completed an 8-week controlled parallel-group training intervention.

Exercise snacking Study

Effects of intra-session concurrent endurance and strength training sequence on aerobic performance and capacity

Use the weekly Newsquiz to test your knowledge of stories you saw in the BMJ. Send your photos and videos to jennifer.smith@mailonline.co.uk. Submit your story with the word "Submit" at the bottom of the page. The final question is about the effects of exertion and strength training on aerobatic performance.

Exercise snacking Study

Hormonal responses to concurrent strength and endurance training with different exercise orders

Ten recreationally strength-trained young men performed 2 exercise interventions: aerobic-strength (AS) and strength-aerobic (SA) Blood samples were collected before, between exercise modalities, and immediately after the concurrent training sessions. There were significant increases in TT after the first modality in both exercise orders ($p < 0.05$). However, the TT level remained significantly higher than the resting levels after the second exercise modality only in the AS.

Exercise snacking Study

Effect of Strength and Endurance Training Sequence on Endurance Performance

This review investigates the effect of two different concurrent training sequences on endurance performance. The sequences investigated are Endurance–Resistance (ER) and Resistance–Endurance (RE) All the studies show an improvement in endurance from pre to post for both interventions, except for the RE group in one study.

Exercise snacking Study

Consequences of combining strength and endurance training regimens

Consequences of Combining Strength and Endurance Training Regimens, Physical Therapy, Volume 70, Issue 5, 1 May 1990, Pages 287–294. A common belief among many clinicians and trainers is that intensive simultaneous training for muscle strength and cardiovascular endurance is counterproductive. The authors concluded that simultaneous training may inhibit the normal adaptation to either training.

Exercise snacking Study

Do stair climbing exercise “snacks” improve cardiorespiratory fitness?

Sedentary young adults were randomly assigned to perform 3 bouts/day of vigorously ascending a 3-flight stairwell (60 steps) Peak oxygen uptake was higher in the climbers after the intervention ($P = 0.003$), suggesting that stair climbing ‘snack’ are effective in improving cardiorespiratory fitness.

Exercise snacking Study

Is it fun or exercise? The framing of physical activity biases subsequent snacking

Engaging in a physical activity seems to trigger the search for reward when individuals perceive it as exercise. framing exercise as fun reduces individuals’ tendency to indulge. Focusing attention on something else may change the perceptions of the effort expend during the activity.

Exercise snacking Study

The influence of 15-week exercise training on dietary patterns among young adults

Study consisted of 2680 young adults drawn from the Training Intervention and Genetics of Exercise Response (TIGER) study. Subjects underwent 15 weeks of aerobic exercise training, and exercise duration, intensity, and dose were recorded. 4355 dietary observations with 102 food items were collected using a self-administered food frequency questionnaire before and after exercise training.

Exercise snacking Study

Snacking in nutrition and health

Many studies suggest that distributing energy and nutrient intake across 4–5 eating occasions/day (rather than across three standard meals) could favourably affect human health. The inclusion of 1–2 snacks in the daily pattern alleviates the potential digestive and metabolic overload caused by fewer heavier meals. Snacking composition should be evaluated taking into account the whole day’s diet. In early and late ages, and for specific population groups, snacking may need to follow particular characteristics in order to be optimal. The authors have undersigned a conflict of interest declaration on the topic of this manuscript. The preparation of this document has been supported by an unrestricted grant from Danone Italia. The sponsor did not have a role in the preparation of the manuscript nor in decision to publish the document.

Exercise snacking Study

Benefits beyond cardiometabolic health: the potential of frequent high intensity 'exercise snacks' to improve outcomes for those living with and beyond cancer

High intensity interval training (HIIT) can elicit rapid improvements in cardiorespiratory fitness and skeletal muscle oxidative capacity. HIIT improves a range of health markers (e.g. cardiometabolic fitness, increased skeletal muscle mass and reduced body fat) in patients with diabetes, non-alcoholic fatty liver disease, advanced cardiovascular disease and heart failure. Regular exercise is estimated to reduce the risk of all-cause mortality and cancer-specific mortality by 30%–50% in breast cancer.

Exercise snacking Study

Comparison of the effect of multiple short-duration with single long-duration exercise sessions on glucose homeostasis in type 2 diabetes mellitus

Short duration interval exercise improves 24-h glycaemia in men with type 2 diabetes. Consecutive days of exercise decrease insulin response more than a single exercise session in healthy, inactive men. Cardiorespiratory fitness increased similarly in both exercise groups.

Exercise snacking Study

Special issue–therapeutic benefits of physical activity for mood: a systematic review on the effects of exercise intensity, duration, and modality

Physical activity has been consistently reported as a cost-effective way to improve physical fitness, prevent mental illnesses, and alleviate mood problems. Results show that moderate-intensity anaerobic exercise is associated with greater mood improvements. The relationship between exercise duration and mood change is non-linear. An adoption of neuroimaging techniques in future research is critical to reveal the mechanisms underpinning the therapeutic influence of physical activity on affective responses. Some future research directions are also raised. The authors declare that there is no conflict of interest. This work was supported by the Natural Science Foundation of Shenzhen University and the Knowledge Innovation Program of Shenzen. The author's research interests are motor control and learning, and neuroplasticity, and psychological well-being.

Exercise snacking Study

Association between bout duration of physical activity and health: systematic review

Physical activity recommendations have traditionally focused on moderate-to-vigorous physical activity (MVPA) In the mid-1980’s, Haskell suggested that some forms of physical activity may not result in an improvement in physical fitness. Emerging evidence began to support the concept that physical activity could have beneficial effects when accumulated in multiple shorter bouts performed across the day. The 2018 Physical Activity Guidelines Advisory Committee (PAGAC) recommended that “aerobic activity should be performed in episodes of ≥10 minutes”

Exercise snacking Study

Health-related benefits and adherence for multiple short bouts of aerobic physical activity among adults

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Exercise snacking Study

Exercise and hypertension: recent advances in exercise prescription

The antihypertensive effect is: immediate; elicited by low intensity, short-duration aerobic exercise. Those with HTN should exercise on most, preferably all, days of the week, with moderate intensity. Those who are overweight should progress to a caloric energy expenditure of a minimum of 1000 kcal to more than 2000 kcal per week. More than 2.5 hours per week of moderate-intensity, aerobic exercise is recommended for those who are over 50 years of age.

Exercise snacking Study

From Sedentary to Active: 5 Steps to a Sustainable Fitness Routine in 2025

Discover key fitness tips to build a sustainable routine. Learn how to set realistic goals ...

Discover key fitness tips to build a sustainable routine. Learn how to set realistic goals, design a balanced workout plan, overcome common obstacles, and track progress for long-term success. 31% of the global population over 15 years old engages in insufficient physical activity, with a total of 7.7 hours spent per day being sedentary.

Exercise snacking Study

5 Time-Saving & Effective Micro Workouts For Men

Micro workouts are short bouts of exercise that you can perform throughout the day when you have a few minutes of free time. AHA recommends 150 minutes each week of moderate to vigorous activity. Resistance training using your own bodyweight is a great way for men to add strength training.

Exercise snacking Study

3. 5 ways to hack your biology for a healthier lifestyle

Find ways to hack your biology (known as biohacking) has become a popular self-improvement trend. While some hacks border on the bizarre and often ridiculous, others are grounded in science. These 5 hacks could possibly boost your results or help you derive more benefits from your diet and exercise regimen.

Exercise snacking Study

Exercise 5 Time-Saving Fitness Tips for Dads

Set specific goals and having a plan increases adherence to exercise programs. Turn family time into active time! Organize weekend adventures like hiking, biking, or a friendly game of soccer in the park. High-Intensity Interval Training (HIIT) can torch calories and improve cardiovascular health in a fraction of the time.

Exercise snacking Study

The Metabolism Reset Diet: Repair Your Liver, Stop Storing Fat, and Lose Weight Naturally

The Metabolism Reset Diet: Repair Your Liver, Stop Storing Fat, and Lose ... - Dr. Alan Christianson - Google Books Sign in Try the new Google Books Books Add to my library Page xi Try thenew Google Books Check out the new look and enjoy easier access to your favorite features Try it now No thanks Try theNew Google Books My library Help Advanced Book Search Page 7 ... micro workouts weekly , each lasting five min- utes or less . If exercise has been a struggle , you are in luck . On ... healthy again , you will have more energy . You will want to do more with your friends. You will look forward ... Page 42 ... exercise is essential for glycogen production and muscle health . This allows you to unclog your liver by creating more helpful glycogen that can keep things humming.

Exercise snacking Study

Exercise and the timing of snack choice: healthy snack choice is reduced in the post-exercise state

The study was conducted at the University of Nebraska-Lincoln in Lincoln, NE 68583, USA. The choice of an apple decreased (73.7%) and the choices of brownie (13.9%) or no snack (12.4%) increased in the “after” condition (χ 2 = 26.578, $p < 0.001$) The authors conclude that the study suggests that exercise can be used as a tool to help people lose weight.

Exercise snacking Study

Effects of indulgent food snacking, with and without exercise training, on body weight, fat mass, and cardiometabolic risk markers in overweight and obese men

Exercise training prevented gains in body weight and body fat, and worsening of cardiometabolic risk markers, during a 4-week period of indulgent food snacking in overweight/obese men. Use the weekly Newsquiz to test your knowledge of stories you saw on CNN iReport and CNN.com.

Exercise snacking Study

Effects of intermittent exercise and use of home exercise equipment on adherence, weight loss, and fitness in overweight women: a randomized trial

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Exercise snacking Study

The relationship between aerobic fitness and recovery from high intensity intermittent exercise

Strong relationship between power recovery and endurance fitness. Elevation of exercise oxygen consumption is at least partially responsible for the larger fast component of excess post-exercise oxygen consumption. Replenishment of phosphocreatine (PCr) has been linked to both fast EPOC and power recovery in repeated efforts.

Exercise snacking Study

The effect of high-intensity intermittent exercise on body composition of overweight young males

High-intensity intermittent exercise (HIIE) has been shown to result in greater fat loss. Women in the HIIE group lost 2.5 kg of subcutaneous fat, whereas no change occurred with steady state aerobic exercise. Fat loss accruing through 15 weeks of HIIe was attained with 50% less exercise time commitment.

Exercise snacking Study

Physiologic effects of directional changes in intermittent exercise in soccer players

Ten elite male adult soccer players performed different intermittent exercises according to their maximal aerobic velocity. Measures of heart rate (HR), blood lactate ([La]), and rating of perceived exertion (RPE) were used to compare the 2 exercise types. In conclusion, the physiologic impact of specific IS is substantially higher than in traditional IL.

Exercise snacking Study

Effects of intermittent-endurance fitness on match performance in young male soccer players

The purpose of this study was to examine the effect of specific endurance (Yo-Yo Intermittent recovery test level 1, Yo-Yo IR1) on match performance in male youth soccer. Twenty-one young, male soccer players (age 14.1 ± 0.2 years) were involved in the study. Players' physical load, measured as time and distance spent in selected match activities, was assessed using Global Position System technology. Physiological stress was assessed by Physiological Stress Assessment System.

Exercise snacking Study

Physiologic responses to heavy-resistance exercise with very short rest periods

Heart rate, ratings of perceived exertion (RPE), and lactate levels were obtained during the exercise protocol. Plasma epinephrine, norepinephrine, dopamine, cortisol, and lactATE levels significantly increased. PL exhibited a higher incidence (100%) of clinical symptoms of dizziness and nausea compared to BB (11.1%).

Exercise snacking Study

Acute physiological responses during crossfit® workouts

Ten healthy subjects volunteered to participate in a study including laboratory incremental treadmill test and two CrossFit WODs. Measurements included subjects' oxygen uptake (VO2), heart rate (HR), blood lactate (LA) and ratings of perceived exertion (RPE) Significant differences were found for average VO2 (34.4±3.5 vs. 29.1±1.1 ml·kg -1 ·min -1) and %VO2max (66.2±4.8 vs, 56.7±6.2%) with "Cindy" workout showing higher values.

Exercise snacking Study

Principles of exercise physiology: responses to acute exercise and long-term adaptations to training

Physical activity and fitness are associated with a lower prevalence of chronic diseases. Repeated bouts of exercise result in significant adaptations in many physiological systems. The capacity for prolonged exercise and sports performance is dependent on other factors, such as muscle buffering capacity, gender, age, and genetics.

Exercise snacking Study

Physiologic and metabolic responses to a continuous functional resistance exercise workout

Functional training is believed to enhance neuromuscular coordination. Ten men and 10 women completed a maximal oxygen uptake test, strength test, and body composition analysis. Men lifted significantly heavier weights and expended more total calories than women.

Exercise snacking Study

Acute physiological outcomes of high-intensity functional training: a scoping review

High-intensity functional training (HIFT) incorporates a variety of functional, multimodal movements. Markers of intensity (e.g., blood lactate concentrations, heart rate) have been most consistently assessed across all studies. HIFT protocols may also specify work and rest intervals at times, and when this occurs, these are referred to as multimodeal HIIT.

Exercise snacking Study

Dose-dependent effects of exercise and diet on insulin sensitivity and secretion

No content available for summarization.

Exercise snacking Study

The role of exercise for weight loss and maintenance

Resistance training has positive effects on body composition but does not typically show significant decreases in weight. At least 30 minutes a day of moderate intensity aerobic exercise per day is recommended for weight loss and maintenance. Energy expenditure during exercise with endurance athletes may reach levels 15 times greater than resting.

Exercise snacking Study

Does brief telephone support improve engagement with a web-based weight management intervention? Randomized controlled trial

Recent reviews suggest Web-based interventions are promising approaches for weight management but they identify difficulties with suboptimal usage. The literature suggests that offering some degree of human support to website users may boost usage and outcomes.

Exercise snacking Study

Effect of exercise on 24-month weight loss maintenance in overweight women

Exercise snacking Study

The effects of exercise and physical activity on weight loss and maintenance

Physical activity (PA) and exercise training (ET) are associated with reduced CV risk, improved cardiometabolic risk factors, and facilitated weight loss through creating a negative energy balance. 80% of individuals are not able to maintain the weight loss. The optimal strategy for promoting weight loss is the combination of caloric restriction and adherence to adequate amounts of aerobic PA/ET.

Exercise snacking Study

Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women

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Exercise snacking Study

Possible stimuli for strength and power adaptation: acute metabolic responses

Research needs to investigate those metabolic mechanisms likely to contribute to weight-training adaptation. Hypertrophy schemes have resulted in greater lactate responses (%) than neuronal and dynamic power schemes. Factors such as age, sex, training experience and nutrition may also influence the lactate response.

Exercise snacking Study

Metabolic Training: The Ultimate Guide to the Ultimate Workout

Metabolic Training: The Ultimate Guide to the Ultimate Workout - John Graham, Michael Barnes - Google Books Sign in Try the new Google Books Books Add to my library Page i Try thenew Google Books Check out the new look and enjoy easier access to your favorite features.

Exercise snacking Study

Specificity of training adaptation: time for a rethink?

High-intensity sprint training stimulates a more rapid up-regulation of selected physiological/metabolic markers than traditional low-intensity endurance training. Burgomaster et al. provide a platform for exercise physiologists, exercise biochemists and molecular biologists to undertake a systematic evaluation of the specific adaptations induced by different training strategies.

Exercise snacking Study

Sprint exercise snacks: a novel approach to increase aerobic fitness

Sprint interval training (SIT) is a time-efficient way to improve cardiorespiratory fitness (CRF) It is unclear whether performing sprints spread throughout the day with much longer (≥ 1 h) recovery periods can similarly improve CRF. The effects of low-exertion high-intensity interval training on aerobic capacity and glycaemic control are not different between sedentary men and women.

Exercise snacking Study

Strength training and aerobic exercise: comparison and contrast

Most exercise programs for conditioning and rehabilitation are oriented to strength development, aerobic (cardiovascular) fitness, or a combination of the 2. Strength exercise programs involve weight training or the use of high-resistance machines with exercise limited to a few repetitions (generally less than 20) before exhaustion. Aerobic exercise involves exercise performed for extended periods (e.g., 10–40 minutes) with large muscle activity involving hundreds of consecutive repetitions that challenge the delivery of oxygen to the active muscles. The chronic physiological adaptations and the variables in program design are highly specific to the type of exercise performed. The design of a program must be highly specific with regard to the exercise to be undertaken, as well as the intensity, duration, and frequency.

Exercise snacking Study

The effect of endurance training on parameters of aerobic fitness

The study was published in the journal Med Sci Sports Exerc. It is published by the American College of Sports Medicine (ACS) and the American Journal of Sport and Exercise (AJSE) The study has been cited by the ACS as the source of this article.

Exercise snacking Study

Whole-body aerobic resistance training circuit improves aerobic fitness and muscle strength in sedentary young females

Whole-body aerobic resistance training circuit improves aerobic fitness and muscle strength in sedentary young females. Chest and hamstrings 1 repetition maximum (1RM) improved with CIR CUIT by 20.6% and 8%. The COMBINED group performed more repetitions at 60% of their pretraining 1RM for back (10.0%) and hamstring (23.3%)

Exercise snacking Study

Aerobic exercise and creative potential: immediate and residual effects

Sixty college students participated in an experiment consisting of 3 regimens varying the time when a Torrance Test of Creative Thinking was taken in relation to exercise completion. Results supported the hypotheses that creative potential will be greater on completion of moderate aerobic exercise than when not preceded by exercise. Limitations and implications for future research were discussed. The study was published in the Journal of Applied Psychology and Theory of Creativity, a peer-reviewed journal published by the American College of Arts and Sciences. For confidential support call the Samaritans on 08457 90 90 90, visit a local Samaritans branch or see www.samaritans.org. In the U.S. call the National Suicide Prevention Line on 1-800-273-8255

Exercise snacking Study

The SNAPSHOT study protocol: snacking, physical activity, self-regulation, and heart rate over time

The SNAPSHOT study aims to examine the relationship between dietary intake (specifically snack food consumption), energy expenditure, and executive function. Situations under which executive resources may become depleted include times of stress, tiredness, when extremely busy (trying to do multiple things at once), and when trying to regulate behaviours.

Exercise snacking Study

Self-regulating smoking and snacking through physical activity.

Exercise acutely reduces cravings for cigarettes and snack food. Emotional snacking contributes to weight gain after smoking cessation. Cravings were lower after moderate and vigorous exercise, compared with control. Vigorous exercise was only more advantageous for reducing MAB.

Exercise snacking Study

The Impact of Physical Fitness on Workplace Productivity

Just 30 minutes of moderate-intensity exercise can significantly improve cognitive function. Exercising can combat fatigue and increase energy levels. Reducing Sick Days and Presenteeism Boosting Immune Function. Nutrition plays a crucial role in both fitness and productivity.

Exercise snacking Study

17 Top Fitness Trends For 2025 Reading Time 21.6 minutes

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Exercise snacking Study

17 Top Fitness Trends For 2024

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Exercise snacking Study

Better Daily Weight Loss Habits: Simple Changes with Lifelong Impact

Better Daily Weight Loss Habits: Simple Changes with Lifelong Impact - Sarah Pflugradt MS, RDN, CSCS - Google Books. Good for: Web Tablet / iPad eReader Smartphone Features: Flowing text Scanned pages Help with devices & formats Learn more about books on Google Play Buy eBook - ₹473.15 Get this book in print ▼ Rediff Books Flipkart Infibeam Find in a library All sellers » Better Daily Weight loss Habits by Sarah P flugradts MS,RDN,CSCS. For confidential support call the Samaritans in the UK on 08457 90 90 90, visit a local Samaritans branch or click here for details. In the U.S. call the National Suicide Prevention Line on 1-800-273-8255.

Exercise snacking Study

Training effects of long versus short bouts of exercise in healthy subjects

Training intensity was moderate (65 to 75% of peak treadmill heart rate) During the 8-week study period VO 2 max increased significantly in both groups. Adherence to unsupervised exercise training performed at home and at work by men in long and short bouts was high.

Exercise snacking Study

Exercise, heart and health

No content available for summarization.

Exercise snacking Study

Exercise and the heart—the harm of too little and too much

Excessive exercise may lead to cardiac dilatation, cardiac dysfunction, and release of troponin and brain natriuretic peptide. High doses of exercise may be associated with increased risk of atrial fibrillation, coronary artery disease, and malignant ventricular arrhythmias. The effects of too little and too much exercise on the heart are reviewed in this article.

Exercise snacking Study

Short, sharp bouts of exercise good for the heart

Short bouts of exercise can be just as effective at protecting the heart as longer workouts. But getting the heart rate up is a key factor as light activity offers no cardiac benefit. Physical activity has long been associated with a decreased risk of coronary heart disease. It has been unclear, however, whether the duration of exercise episodes was important and whether accumulated shorter sessions were as predictive of decreased risk as longer sessions. The same amount of energy was expended in each instance, provided that the same amounts of energy were expended. The study was published in BMJ 2000; 321 (Published 09 September 2000) Cite this as: BMj 2000;321:589 Article Related content Metrics Responses Peer review Scott Gottlieb Author affiliations New York.

Exercise snacking Study

Exercise and cardiovascular health

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Exercise snacking Study

Societal impact of micro-exercise for work-related musculoskeletal disorders: The case of Denmark

Work-related musculoskeletal disorders (MSDs) cause widespread pain and suffering worldwide. Ergonomic advice on lifting technique and sitting posture has been ineffective in preventing MSDs. National Research Centre for the Working Environment in Denmark developed and implemented micro-exercises for MSDs through research studies and a national campaign.

Exercise snacking Study

Damage and Repair of Skeletal Muscle Microstructure after Basketball Exercise and Protein Nutrition Supplement Based on CT Images

No content available for summarization.

Exercise snacking Study

UCLMuevete: Increasing the amount of physical activity, work-ability, and cardiorespiratory fitness capacity in university workers through active breaks

#UCLMuévete is a quasi-experimental, 12-week intervention designed according to the TREND and TIDieR-PHP checklists. Sixty-nine university workers were recruited and placed into 17 teams of 3 to 5 people. Participants were instructed to take a 20-min active break every working day (walking, cycling, and functional training)

Exercise snacking Study

Kiiwetinoong Diabetes Strategy education

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Exercise snacking Study

The complete guide to the menopause: your toolkit to take control and achieve life-long health

The Complete Guide to the Menopause: Your Toolkit to Take Control and ... - Annice Mukherjee. Good for: Web Tablet / iPad eReader Smartphone Features: Flowing text Scanned pages Help with devices & formats Learn more about books on Google Play Buy eBook - ₹353.56 Get this book in print ▼ Rediff Books Flipkart Infibeam Find in a library All sellers » The complete guide to the menopause can be downloaded for free from the Google Play store. Use the weekly Newsquiz to test your knowledge of stories you saw on CNN.com. The weekly newsquiz tests readers' knowledge of events in the news by asking them to share their most memorable stories.

Exercise snacking Study

Chronic effect of light resistance exercise after ingestion of a high-protein snack on increase of skeletal muscle mass and strength in young adults

The SE group showed a significant increase in lean body mass and total cross-sectional area (CSA) of the right forearm muscles. The SS group showed no change in body composition. In the NE group, the grip strength of the knee extensor muscle was increased by 10%.

Exercise snacking Study

The affective and behavioral responses to repeated “strength snacks”

Ballroom dancing is more intensive for the female partners due to their unique hold technique. Ballroom dancing can be difficult for women due to the different hold technique used by each partner. The hold technique is unique to each partner and has its own

Exercise snacking Study

Resistance exercise minimal dose strategies for increasing muscle strength in the general population: an overview

Minimal dose strategies might improve muscle strength with minimal time investment. “Weekend Warrior,” single-set resistance exercise, resistance exercise “snacking,’ practicing the strength test, and eccentric minimal doses were overviewed. Public health programs can promote small volumes of resistance exercise as being better for muscle strength than no resistance exercise at all.

Exercise snacking Study

Resistance exercise snacks improve muscle mass in female university employees: a prospective, controlled, intervention pilot-study

Exercise snacking Study

Split or full-body workout routine: which is best to increase muscle strength and hypertrophy?

Maximal strength and muscle thickness were assessed at baseline and after eight weeks of training. A significant main effect of time (pre versus post) was observed for maximal strength in the bench press and squat exercises. Resistance training twice or four times per week has similar effects on neuromuscular adaptation.

Exercise snacking Study

Effects of resistance training frequency on measures of muscle hypertrophy: a systematic review and meta-analysis

The current body of evidence indicates that frequencies of training twice a week promote superior hypertrophic outcomes to once a week. It can therefore be inferred that the major muscle groups should be trained at least twice aweek to maximize muscle growth. Whether training a muscle group three times per week is superior to a twice-per-week protocol remains to be determined.

Exercise snacking Study

Designing resistance training programmes to enhance muscular fitness: a review of the acute programme variables

The effectiveness of a resistance training programme to achieve a specific training outcome depends on manipulation of the acute programme variables. These include: (i) muscle action, loading and volume; (ii) exercise selection and order; (iv) rest periods; and (v) repetition velocity.

Exercise snacking Study

Dose-response relationship between weekly resistance training volume and increases in muscle mass: A systematic review and meta-analysis

This paper reviewed the current literature on the effects of total weekly resistance training (RT) volume on changes in measures of muscle mass via meta-regression. The final analysis comprised 34 treatment groups from 15 studies. Outcomes for weekly sets categorised as lower or higher within each study showed a significant effect of volume. The findings indicate a graded dose-response relationship whereby increases in RT volume produce greater gains in muscle hypertrophy. No potential conflict of interest was reported by the authors. For confidential support call the Samaritans on 08457 90 90 90 or visit a local Samaritans branch, see www.samaritans.org for details. In the U.S. call the National Suicide Prevention Line on 1-800-273-8255.

Exercise snacking Study

A systematic review with meta-analysis of the effect of resistance training on whole-body muscle growth in healthy adult males

We determined the magnitude of whole-body hypertrophy in humans (healthy males) We observed the individual responsibility of each variable in muscle growth after resistance training (RT) The effects on outcomes were expressed as mean differences (MD) and a random-effects (effects) model. In conclusion, RT has a significant effect on the improvement ofhypertrophy (~1.5 kg)

Exercise snacking Study

The bottom-up rise strength transfer in elderly after endurance and resistance training: the BURST

Exercise snacking Study

The Effects of High-Intensity Interval Training with Short Bursts of Work (≤ 30s) on Body Composition and Exercise Capacity in Overweight or Obese Adults: A ...

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Exercise snacking Study

Left ventricular wall thickening does occur in elite power athletes with or without anabolic steroid use

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Exercise snacking Study

... activation of AMPK-PGC-1α or PKB-TSC2-mTOR signaling can explain specific adaptive responses to endurance or resistance training-like electrical muscle ...

High frequency (HFS) or low frequency (LFS) stimulation significantly increased myofibrillar and sarcoplasmic protein synthesis 3 h after stimulation. LFS had no significant effect on protein synthesis but increased UCP3 mRNA 11-fold. HFS acutely increased phosphorylation of PKB at Ser473 5-3-fold and the phosphorylated TSC2, mTOR, GSK-3β at PKB-sensitive sites. We conclude that LFS is a specific signaling response that may explain some endurance training adaptations.

Exercise snacking Study

The effect of resistance training on functional capacity and quality of life in individuals with high and low numbers of metabolic risk factors

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Exercise snacking Study

Trends in soviet strength and conditioning: from macro-to meso-to micro-cycles

Trends in Soviet Strength and Conditioning From Macro- to Meso- to Micro-Cycles Yessis, Michael Ph.D., Editor-Publisher. Soviet Sports Review National Strength Coaches Association Journal 4(4):p 45-47, August 1982.

Exercise snacking Study

A 4-week intervention involving mobile-based daily 6-minute micro-sessions of functional high-intensity circuit training improves strength and quality of life, but not ...

Exercise snacking Study

21 short-cuts to health: from micro-workouts to power poses, Sally Brown reveals insider tips and tricks for self-improvement with minimal effort

Gale’s Technical Service department at 1-800-877-4253 (option 3) for assistance. Report an Issue Submitted diagnostic report Diagnostic report submitted. Ok Timestamp: February 15, 2025 at 9:25:45 AM UTC UTC. Is Shibboleth Eligible false ShibboleTH AuthEnabled Shibboleths GUID false Stacktrace. Ok. We encountered a problem in processing your request. We apologize for the inconvenience. Please try again in a few seconds. If you believe this message is in error, please call Gale’S Technical Service Department at 1 -800 -877- 4253 (option 3) For confidential support call the Samaritans on 08457 90 90 90, visit a local Samaritans branch or click here for details

Exercise snacking Study

Tackling the down side: Social capital, women's empowerment and micro-finance in Cameroon

Micro-finance programmes are currently dominated by the ‘financial self-sustainability paradigm’ Where the complexities of power relations and inequality are ignored, reliance on social capital as a mechanism for reducing programme costs may undermine programme aims. This article examines the experience of seven micro-f Finance programmes in Cameroon. The evidence indicates that micro-Finance programmes which build social capital can indeed make a significant contribution to women’s empowerment. However, serious questions need to be asked about what sorts of norms, networks and associations are to be promoted, in whose interests, and how they can best contribute to empowerment, particularly for the poorest women. Use the link below to share a full-text version of this article with your friends and colleagues.

Exercise snacking Study

New fundamental resistance exercise determinants of molecular and cellular muscle adaptations

Resistance training induced changes in strength and specific force at the fiber and whole muscle level. The Akt/mTOR pathway is a crucial regulator of skeletal muscle hypertrophy and can prevent muscle atrophy in vivo. Eccentric exercise markedly increases c-Jun NH 2 -terminal kinase activity in human skeletal muscle.

Exercise snacking Study

Muscular adaptations in response to three different resistance-training regimens: specificity of repetition maximum training zones

Thirty-two untrained men participated in an 8-week progressive resistance-training program. Maximal strength improved significantly more for the Low Rep group compared to the other training groups. maximal aerobic power and time to exhaustion significantly increased at the end of the study for only the High Rep group. No significant changes in fiber-type composition were found in the control samples.

Exercise snacking Study

Lack of human muscle architectural adaptation after short-term strength training

Lack of human muscle architectural adaptation after short-term strength training. Despite increases in knee extensor strength, there were no changes in muscle thickness, fascicle angle, or fascicle length in any of the muscles tested.

Exercise snacking Study

Muscular adaptations in low-versus high-load resistance training: A meta-analysis

meta-analysis of randomised controlled trials to compare the effects of low-load (60% 1 repetition maximum) versus high-load training. There was a trend for strength outcomes to be greater with high loads compared to low loads. In conclusion, training with loads ≤50% 1 RM was found to promote substantial increases in muscle strength and hypertrophy in untrained individuals. But a trend was noted for superiority of heavy loading with respect to these outcome measures with null findings likely attributed to a relatively small number of studies on the topic. The mean ES for low loads was 1.23 ± 0.43 (CI: 0.32, 2.13). The meanES for high loads was 2.30± 0. 43 (CI: 1.41, 3.19).

Exercise snacking Study

Acute and chronic response of skeletal muscle to resistance exercise

resistance training alters the expression of myosin heavy chains (MHCs) Chronic exposure to bodybuilding and power lifting type activity produces shifts towards the MHC I and IIb isoforms. Phosphagen and related enzyme adaptations are affected by the type, structure and duration of resistance training.

Exercise snacking Study

Exercise snacking to improve physical function in pre-frail older adult memory clinic patients: a 28-day pilot study

Exercise snacking to improve physical function in pre-frail older adult memory clinic patients. Findings published in BMC Geriatrics Volume 23, article number 471, (2023) Use the weekly Newsquiz to test your knowledge of stories you saw on the BMC Geriatric website.

Exercise snacking Study

Comparison of an Acute Bout of Exercise to a Sugary Snack on Energy, Mood and Cognitive Performance

Use the weekly Newsquiz to test your knowledge of stories you saw on CNN iReport. Share your stories of how CNN's iReport has helped you with your story or provide a link to one of the CNN iReporters who helped you out with a story. We use cookies that are necessary to make our site work. We may also use additional cookies to analyse, improve and personalise our content and your digital experience. blocking some types may impact your experience of our site and the services we are able to offer.

Exercise snacking Study

Immediate effects of exercise snacking on physical fatigue, mood, and pain in elderly adults with knee osteoarthritis

Exercise has been reported to be beneficial in reducing pain and fatigue in patients with knee osteoarthritis. Long bouts of exercise have been linked to an increase in fatigue and pain level in elderly adults. Exercise snacking is a form of physical activity that involves short bursts of exercise spread throughout the day.

Exercise snacking Study

Brainfit: 10 Minutes a Day for a Sharper Mind and Memory

Brainfit: 10 Minutes a Day for a Sharper Mind and Memory - Corinne L. Gediman, Francis M. Crinella - Google Books Sign in Try the new Google Books Books Add to my library Check out the new look and enjoy easier access to your favorite features. Help Advanced Book Search Good for: Web Tablet / iPad eReader Smartphone Features: Flowing text Scanned pages Help with devices & formats Learn more about books on Google Play Page 10 Minutes A Day For A SharperMind and Memory. Making Memories Taking Aim Remembering Who Remembering What Exercises for short -term and long-term memory. Exercise using the fundamental memory skills. Let's Work Out ! Welcome to the Remembering When fitness station.

Exercise snacking Study

Your Best Brain Ever: A Complete Guide and Workout

Your Best Brain Ever: A Complete Guide and Workout - Michael S. Sweeney, Cynthia R. Green - Google Books Sign in Try the new Google Books Books Add to my library Page 6 Try theNew Google Books Check out the new look and enjoy easier access to your favorite features Try it now No thanks Try thenew Google Books My library Help Advanced Book Search Page 10... health and steady functioning.

Exercise snacking Study

Shorter term aerobic exercise improves brain, cognition, and cardiovascular fitness in aging

Exercise snacking Study

... For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health

Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness ... - Jason Scotts - Google Books Check out the new look and enjoy easier access to your favorite features. Good for: Web Tablet / iPad eReader Smartphone Features: Flowing text Scanned pages Help with devices & formats Learn more about books on Google Play Buy eBook - ₹344.19 Get this book in print ▼ Rediff Books Flipkart Infibeam Find in a library All sellers » Exercise For The brain: 70 neurobic exercises to increase mental fitness ... -Jason Scotts. For confidential support call the Samaritans on 08457 90 90 90 or visit a local Samaritans branch, see www.samaritans.org for details.

Exercise snacking Study

How Exercise Affects the Brain: Does Your Workout Make You Smarter?

Exercise is essentially medicine for the mind so working out your body will boost it as well. Exercise can improve your mood and enhance your memory and concentration. Freestyle forms of exercise, such as hip hop dancing or skateboarding, could be especially beneficial for the brain because of how engaged it needs to be.

Exercise snacking Study

A single bout of aerobic exercise promotes motor cortical neuroplasticity

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Exercise snacking Study

Beneficial effects of physical exercise on neuroplasticity and cognition

Physical activity has beneficial effects on executive functions and memory in humans. Maintenance of cardiovascular fitness is necessary for long-term effects on cognition. Neuroplasticity occurs when, for example, acquiring new skills, after damage to the nervous system and as a result of sensory deprivation.

Exercise snacking Study

Exerkines and long-term synaptic potentiation: Mechanisms of exercise-induced neuroplasticity

Exercise and subject characteristics influence exerkine levels following exercise. Exerkines may underlie the mechanism of the exercise-induced facilitation of LTP. This information may be used for designing individualized physical exercise programs.

Exercise snacking Study

Neuroplasticity—exercise-induced response of peripheral brain-derived neurotrophic factor: a systematic review of experimental studies in human subjects

Brain-derived neurotrophic factor (BDNF) is intimately connected with central and peripheral molecular processes of energy metabolism and homeostasis. Exercise is known to induce a cascade of molecular and cellular processes that support brain plasticity. No study could show a long-lasting BDNF response to acute exercise or training in healthy subjects or persons with a chronic disease or disability.

Exercise snacking Study

Exercise-induced neuroplasticity: a mechanistic model and prospects for promoting plasticity

Aerobic exercise improves cognitive and motor function by inducing neural changes detected using molecular, cellular, and systems level neuroscience techniques. Future research should continue to explore the mechanisms that Mediate Exercise-Induced Neuroplasticity.

Exercise snacking Study

Can high-intensity interval training improve physical and mental health outcomes? A meta-review of 33 systematic reviews across the lifespan

High-intensity-interval-training (HIIT) has been suggested to have beneficial effects in multiple populations across individual systematic reviews. However, there is a lack of clarity in the totality of the evidence whether HIIT is effective and safe across different populations and outcomes. The aim of this meta-review was to establish the benefits, safety and adherence of HIIT interventions across all populations.

Exercise snacking Study

Impact of intermittent physical exercises on mental health of some police officers in Nkonkobe District, South Africa: sport psychology

Exercise snacking Study

The effects of aerobic interval training and moderate-to-vigorous intensity continuous exercise on mental and physical health in women with heart disease

The effects of aerobic interval training and moderate-to-vigorous intensity continuous exercise on mental and physical health in women with heart disease. European Journal of Preventive Cardiology Volume 26 Issue 2 1 January 2019 Article Contents Author contribution Acknowledgments Declaration of conflicting interests Funding References Comments (0) < Previous Next > Article Navigation Article Navigation Journal Article The effects of aerobics and other forms of exercise on physical and mental health of women with cardiovascular disease.

Exercise snacking Study

Effects of sports massage on the physiological and mental health of college students participating in a 7-week intermittent exercises program

Open Access Case Report Effects of Sports Massage on the Physiological and Mental Health of College Students Participating in a 7-Week Intermittent Exercises Program by Chih-Chien Shen Chih-Chien Shen SciProfiles Scilit Preprints.org Google Scholar 1, Yi-Han Tseng Yi-Han Tseng SciProfiles Scilit Preprints.org Google Scholar 2, Meng-Chun Susan Shen Meng-Chun Susan Shen SciProfiles Scilit Preprints.org Google Scholar 3 and Hsiao-Hsien Lin Hsiao-Hsien Lin SciProfiles Scilit Preprints.org Google Scholar 4,* 1 Institute of Physical Education and Health, Yulin Normal University, 1303 Jiaoyu East Rd., Yulin 537000, China 2 Department of Tourism Leisure and Health Management, Chung Chou University of Science and Technology, No. ups and standing long jump, improve blood pressure, BMI, and self-confidence, as well as reducing suicidal tendencies (experimental group > control group).

Exercise snacking Study

Exercise and mental health

Maturitas Volume 106, December 2017, Pages 48-56 Review article Exercise and mental health Author links open overlay panel Kathleen Mikkelsen a, Lily Stojanovska a, Momir Polenakovic b, Marijan Bosevski c, Vasso Apostolopoulos a Show more Add to Mendeley Share Cite https://doi.org/10.1016/j.maturitas.2017.09.003 Get rights and content Highlights • Exercise improves anxiety, stress, depression. 20], body temperature [21], [22], [23], [24], mitochondrial function and mitochondriogenesis [25], [26], [27], an increase in the mammalian target of rapamycin (mTor) signalling [28], [29], [30], neurotransmitter production [31], [32], [33], [34] and attenuation of the hypothalamic pituitary-adrenal (HPA) axis response to stress [15], [27], [31].

Exercise snacking Study

Planned aerobic exercise increases energy intake at the preceding meal

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Exercise snacking Study

Effect of the glycemic index of pre-exercise snack bars on substrate utilization during subsequent exercise

Abstract Purpose : To investigate the effect of the glycemic index (GI) of pre-exercise snack bars on substrate utilization during subsequent moderate intensity exercise.

Exercise snacking Study

How to Cardio the Right Way at the Gym to Lose Weight

Power Lift Health > Endurance > How to Cardio the Right Way at the Gym to Lose Weight Endurance How to Cardio the Right Way at the Gym to Lose Weight Posted by admin Last Updated: August 24, 2024 Share on READ NEXT The Best Cardio For Fat Loss Cardiovascular exercise, commonly referred to as cardio, is one of the most effective ways to burn calories and lose weight. .

Exercise snacking Study

Altitude acclimatization alleviates the hypoxia-induced suppression of exogenous glucose oxidation during steady-state aerobic exercise

Exercise snacking Study

Acute responses to the 7-minute workout

Original Research Acute Responses to the 7-Minute Workout Riegler, Michelle; Stotz, Gavin; Fitzgerald, Kaitlyn; Munoz, Christian K.; Lewis, Jamie; Ring, Sebastian; Astorino, Todd A. during exercise but was similar between bouts (p = 0.07). real-world” application of these particular HIIT regimes outside the laboratory setting.

Exercise snacking Study

Hormonal responses and adaptations to resistance exercise and training

Home Sports Medicine Article Hormonal Responses and Adaptations to Resistance Exercise and Training Review Article Published: 23 September 2012 Volume 35, pages 339–361, (2005) Cite this article Sports Medicine Aims and scope Submit manuscript William J. Kraemer 1, 2 & Nicholas A. Ratamess 3 26k Accesses 110 Altmetric 12 Mentions Explore all metrics Abstract Resistance exercise has been shown to elicit a significant acute hormonal response. article PDF 39,95 € Price includes VAT (India) Instant access to the full article PDF.

Exercise snacking Study

High-intensity functional training (HIFT): definition and research implications for improved fitness

Open Access Feature Paper Review High-Intensity Functional Training (HIFT): Definition and Research Implications for Improved Fitness by Yuri Feito Yuri Feito SciProfiles Scilit Preprints.org Google Scholar 1,*, Katie M. Heinrich Katie M. Heinrich SciProfiles Scilit Preprints.org Google Scholar 2,†, Scotty J. and conditioning programs among various populations. , and have shown significant improvements in maximal oxygen consumption (~12%) [11, 12], decreases in body fat (~8%) [11, 16], as well as improvements in bone mineral content (~1%) [16] after 16-weeks of HIFT.

Exercise snacking Study

Physiological adaptations to low-volume, high-intensity interval training in health and disease

The Journal of Physiology Volume 590, Issue 5 p. 1077-1084 Free to Read Physiological adaptations to low-volume, high-intensity interval training in health and disease Martin J. Gibala, Martin J. Gibala Department of Kinesiology, McMaster University, Hamilton, Ontario L8S 4K1, Canada Search for more papers by this author Jonathan P. Little, Jonathan P. Little School of Arts and Sciences, University of British Columbia Okanagan, Kelowna, British Columbia V1V 1V7, Canada Search for more papers by this author Maureen J. MacDonald, Maureen J. MacDonald Department of Kinesiology, McMaster University, Hamilton, Ontario L8S 4K1, Canada Search for more papers by this author John A. Hawley, John A. Hawley Exercise Metabolism Group, RMIT University, Bundoora, Victoria 3083, Australia Search for more papers by this author Martin J. Gibala, Martin J. Gibala Department of Kinesiology, McMaster University, Hamilton, Ontario L8S 4K1, Canada Search for more papers by this author Jonathan P. Little, Jonathan P. Little School of Arts and Sciences, University of British Columbia Okanagan, Kelowna, British Columbia V1V 1V7, Canada Search for more papers by this author Maureen J. MacDonald, Maureen J. MacDonald Department of Kinesiology, McMaster University, Hamilton, Ontario L8S 4K1, Canada Search for more papers by this author John A. Hawley, John A. Hawley Exercise Metabolism Group, RMIT University, Bundoora, Victoria 3083, Australia Search for more papers by this author First published: 30 January 2012 https://doi.org/10.1113/jphysiol.2011.224725 Citations: 1,101 M. J. Gibala: Department of Kinesiology, McMaster University, 1280 Main Street West, Hamilton, Ontario, L8S 4K1 Canada. PDF Tools Request permission Export citation Add to favorites Track citation Share Share Give access Share full text access Close modal Share full-text access Please review our Terms and Conditions of Use and check box below to share full-text

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Exercise snacking Study

Effective diet and exercise interventions to improve body composition in obese individuals

Restricted access Review article First published online October 24, 2013 Effective Diet and Exercise Interventions to Improve Body Composition in Obese Individuals Janet Walberg Rankin, PhD View all authors and affiliations Volume 9, Issue 1 https://doi.org/10.1177/1559827613507879 Contents Abstract References Get access More Cite article Share options Information, rights and permissions Metrics and citations Abstract Because higher body fat and lower lean mass is associated with excess morbidity and mortality, health care teams need specific science-based recommendations to advise clients on lifestyle approaches to alter body composition. Google Scholar 4.

Exercise snacking Study

The acceptability of homebased exercise snacking and Tai-chi snacking amongst high and low function UK and Taiwanese older adults

Exercise snacking Study

... and acceptability of a remotely delivered, home-based, pragmatic resistance 'exercise snacking'intervention in community-dwelling older adults: a pilot randomised ...

Home BMC Geriatrics Article Feasibility and acceptability of a remotely delivered, home-based, pragmatic resistance ‘exercise snacking’ intervention in community-dwelling older adults: a pilot randomised controlled trial Research Open access Published: 25 June 2022 Volume 22, article number 521, (2022) Cite this article Download PDF You have full access to this open access article BMC Geriatrics Aims and scope Submit manuscript Feasibility and acceptability of a remotely delivered, home-based, pragmatic resistance ‘exercise snacking’ intervention in community-dwelling older adults: a pilot randomised controlled trial Download PDF Jackson J. Fyfe ORCID: orcid.org/0000-0002-9541-2336 1, Jack Dalla Via 1, 2, Paul Jansons 1, 3, David Scott 1, 3 & ... Robin M. Daly 1 Show authors 7023 Accesses 219 Altmetric 26 Mentions Explore all metrics Abstract Background Very few older adults meet current muscle strengthening exercise guidelines, and several barriers exist to supervised, community-based resistance exercise programs. ‘exercise snacking’ sessions.

Exercise snacking Study

Exploring the potential of technology to promote exercise snacking for older adults who are prefrail in the home setting: user-centered design study

Original Paper Katarzyna Stawarz 1, PhD ; Ian Ju Liang 2, MSc ; Lyndsay Alexander 3, PhD ; Angela Carlin 4, PhD ; Anjana Wijekoon 5, PhD ; Max J Western 2, PhD 1 School of Computer Science and Informatics, Cardiff University, Cardiff, United Kingdom 2 Department for Health, University of Bath, Bath, United Kingdom 3 School of Health Sciences, Robert Gordon University Aberdeen, Aberdeen, United Kingdom 4 Centre for Exercise Medicine, Physical Activity and Health, Sports and Exercise Sciences Research Institute, University of Ulster, Newtownabbey, United Kingdom 5 School of Computing, Robert Gordon University Aberdeen, Aberdeen, United Kingdom Corresponding Author: Katarzyna Stawarz, PhD School of Computer Science and Informatics Cardiff University Abacws Senghennydd Road Cardiff, CF24 4AG United Kingdom Phone: 44 029 2251 0037 Email: stawarzk@cardiff.ac.uk Abstract Background: Older adults are at increased risk of falls, injury, and hospitalization. (study 1) led to the design of 2 prototypes using a pressure mat to support resistance and balance exercises.

Exercise snacking Study

The psychological and physiological responses of sedentary individuals to prescribed and preferred intensity exercise

British Journal of Health Psychology Volume 11, Issue 1 p. 39-53 The psychological and physiological responses of sedentary individuals to prescribed and preferred intensity exercise Gaynor Parfitt, Corresponding Author Gaynor Parfitt School of Sport and Health Science, University of Exeter, UK Correspondence should be addressed to Gaynor Parfitt, School of Sport and Health Science, St. Luke's Campus, University of Exeter, Exeter, EX2 2LU, UK (e-mail: c.g.parfitt@exeter.ac.uk). exercise is undertaken above or below the anaerobic threshold.

Exercise snacking Study

Too little exercise and too much sitting: inactivity physiology and the need for new recommendations on sedentary behavior

Home Current Cardiovascular Risk Reports Article Too little exercise and too much sitting: Inactivity physiology and the need for new recommendations on sedentary behavior Published: 17 October 2008 Volume 2, pages 292–298, (2008) Cite this article Current Cardiovascular Risk Reports Aims and scope Submit manuscript Marc T. Hamilton 1, Genevieve N. Healy, David W. Dunstan, Theodore W. Zderic & ... Neville Owen Show authors 8428 Accesses 545 Citations 290 Altmetric 32 Mentions Explore all metrics Abstract Moderate-to vigorous-intensity physical activity has an established preventive role in cardiovascular disease, type 2 diabetes, obesity, and some cancers. the American Heart Association.

Exercise snacking Study

Changes in sedentary time and physical activity in response to an exercise training and/or lifestyle intervention

Changes in Sedentary Time and Physical Activity in Response to an Exercise Training and/or Lifestyle Intervention in: Journal of Physical Activity and Health Volume 11 Issue 7 (2014) Jump to Content This site uses cookies, tags, and tracking settings to store information to help give you the very best browsing experience. per week at a moderate intensity (40% to 65% VO 2 peak) 2) rST: reduce ST and increase NEPA, 3) EX-rST: combination of EX and rST and 4) CON: maintain habitual behavior.

Exercise snacking Study

Definitions of sedentary in physical-activity-intervention trials: a summary of the literature

Definitions of Sedentary in Physical-Activity-Intervention Trials: A Summary of the Literature in: Journal of Aging and Physical Activity Volume 14 Issue 4 (2006) Jump to Content This site uses cookies, tags, and tracking settings to store information to help give you the very best browsing experience. of Nursing, University of Auckland, Private Bag 92019, Auckland, New Zealand.

Exercise snacking Study

Effects of short versus long bouts of aerobic exercise in sedentary women with fibromyalgia: a randomized controlled trial

Effects of Short Versus Long Bouts of Aerobic Exercise in Sedentary Women With Fibromyalgia: A Randomized Controlled Trial | Physical Therapy | Oxford Academic Skip to Main Content Advertisement Journals Books Search Menu Menu Sign in through your institution Navbar Search Filter Physical Therapy This issue Physiotherapy Books Journals Oxford Academic Mobile Enter search term Search Issues Subject Acute care Animal Research Cardiovascular/Pulmonary COVID-19 Education Geriatrics Health Services Health Policy Health Promotion History of Physical Therapy Implementation Science Integumentary Metabolic Musculoskeletal Neurology Oncology Orthopedics Pain Management Pediatrics Pelvic Health Pharmacology Population Health Professional Issues Psychosocial More Content Advance Articles Podcasts Videos PTJ Peer Review Resources Collections Submit Author Guidelines Submission Site Why Publish With PTJ? 4, 1 April 2003, Pages 340–358, https://doi.org/10.1093/ptj/83.4.340 Published: 01 April 2003 Article history Received: 08 May 2002 Accepted: 22 November 2002 Published: 01 April 2003 Views Article contents Cite Cite Candice L Schachter, Angela J Busch, Paul M Peloso, M Suzanne Sheppard, Effects of Short Versus Long Bouts of Aerobic Exercise in Sedentary Women With Fibromyalgia: A Randomized Controlled Trial, Physical Therapy, Volume 83, Issue 4, 1 April 2003, Pages 340–358, https://doi.org/10.1093/ptj/83.4.340 Close Permissions Icon Permissions Share Icon Share Facebook Twitter LinkedIn Email Navbar Search Filter Physical Therapy This issue Physiotherapy Books Journals Oxford Academic Mobile Enter search term Search Close Navbar Search Filter Physical Therapy This issue Physiotherapy Books Journals Oxford Academic Enter search term Search Advanced Search Search Menu Abstract Background and Purpose.

Exercise snacking Study

Programming pre-exercise snacks to prevent post-exercise hypoglycemia in intensively treated insulin-dependent diabetics

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Exercise snacking Study

Can short bouts of exercise (“exercise snacks”) improve body composition in adolescents with type 1 diabetes? A feasibility study

Can Short Bouts of Exercise (“Exercise Snacks”) Improve Body Composition in Adolescents with Type 1 Diabetes? of Biostatistics, Nemours/Alfred.

Exercise snacking Study

Balance in single-limb stance in healthy subjects–reliability of testing procedure and the effect of short-duration sub-maximal cycling

Home BMC Musculoskeletal Disorders Article Balance in single-limb stance in healthy subjects – reliability of testing procedure and the effect of short-duration sub-maximal cycling Research article Open access Published: 27 June 2003 Volume 4, article number 14, (2003) Cite this article Download PDF You have full access to this open access article BMC Musculoskeletal Disorders Aims and scope Submit manuscript Balance in single-limb stance in healthy subjects – reliability of testing procedure and the effect of short-duration sub-maximal cycling Download PDF Eva Ageberg 1, 3, David Roberts 2, Eva Holmström 3 & … Thomas Fridén 2 Show authors 16k Accesses 1 Altmetric Explore all metrics Abstract Background To assess balance in single-limb stance, center of pressure movements can be registered by stabilometry with force platforms. variation and the high ICC values, indicate that the test is reliable for distinguishing among groups of subjects.

Exercise snacking Study

Evaluation of a New Physical Exercise Taken from Salat (Prayer) as a Short-Duration and Frequent Physical Activity in the Rehabilitation of Geriatric and Disabled ...

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Exercise snacking Study

Impact of an exercise and walking protocol on quality of life for elderly people with OA of the knee

Physiotherapy Research International Volume 8, Issue 3 p. 121-130 Original Article
Impact of an exercise and walking protocol on quality of life for elderly people with OA of the knee Rosângela Corrêa Dias, Corresponding Author Rosângela Corrêa Dias rosandi@metalink.com.br Physical Therapy Department, Federal University of Minas Gerais, Belo Horizonte (MG), Brazil Departamento de Fisioterapia — UFMG, Av.

Exercise snacking Study

Efficacy of core muscle strengthening exercise in chronic low back pain patients

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Exercise snacking Study

Effectiveness of exercise therapy and manipulation on sacroiliac joint dysfunction: a randomized controlled trial

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Exercise snacking Study

Exploring the potential of technology to promote “exercise snacking” for pre-frail older adults in the home setting: User-Centered Design Study

Exercise snacking Study

Perceptions and Experiences of Exercise Snacks Among Middle-Aged and Older Adults: A Systematic Review and Meta-Synthesis

Public Health Nursing Early View REVIEW SUMMARY Perceptions and Experiences of Exercise Snacks Among Middle-Aged and Older Adults: A Systematic Review and Meta-Synthesis Yunfei Du, Yunfei Du orcid.org/0009-0008-4545-7430 Xiangya School of Nursing, Central South University, Changsha, China Search for more papers by this author Ruotong Peng, Ruotong Peng orcid.org/0000-0001-5550-4853 Xiangya School of Nursing, Central South University, Changsha, China Search for more papers by this author Xiao Wan, Xiao Wan orcid.org/0000-0002-8164-6588 Xiangya School of Nursing, Central South University, Changsha, China Search for more papers by this author Chi Zhang, Chi Zhang Xiangya School of Nursing, Central South University, Changsha, China Search for more papers by this author Yongzhen Guo, Yongzhen Guo Xiangya School of Nursing, Central South University, Changsha, China Search for more papers by this author Jing Chang, Jing Chang Xiangya School of Nursing, Central South University, Changsha, China Search for more papers by this author Hui Feng, Corresponding Author Hui Feng feng.hui@csu.edu.cn Xiangya School of Nursing, Central South University, Changsha, China Oceanwide Health Management Institute, Central South University, Changsha, China National Clinical Research Centre for Geriatric Disorders, Xiangya Hospital, Central South University, Changsha, China Correspondence : Zeng Cao (caozengxyyy@csu.edu.cn) | Hui Feng (feng.hui@csu.edu.cn) Search for more papers by this author Zeng Cao, Corresponding Author Zeng Cao caozengxyyy@csu.edu.cn Cardiac Rehabilitation Center, Department of Physical Medicine & Rehabilitation, Xiangya Hospital, Central South University, Changsha, China Correspondence : Zeng Cao (caozengxyyy@csu.edu.cn) | Hui Feng (feng.hui@csu.edu.cn) Search for more papers by this author Yunfei Du, Yunfei Du

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Exercise snacking Study

Snack food reinforcement during work and non-work hours among US office workers

Full Text Dissertation or Thesis Snack Food Reinforcement During Work and Non-work Hours Among U.S. Office Workers Larks, Sherise Preview author details .

Exercise snacking Study

Effects of subtracting sitting versus adding exercise on glycemic control and variability in sedentary office workers

Article Share on Effects of subtracting sitting versus adding exercise on glycemic control and variability in sedentary office workers Authors : Jennifer M. Blankenship, Kirsten Granados, and Barry Braun Authors Info & Affiliations Publication : Applied Physiology, Nutrition, and Metabolism 21 July 2014 https://doi.org/10.1139/apnm-2014-0157 20 457 Metrics Total Citations 20 Last 6 Months 0 Last 12 Months 2 Total Downloads 457 Last 6 Months 19 Last 12 Months 40 Get Access Contents Applied Physiology, Nutrition, and Metabolism Volume 39, Number 11 November 2014 PREVIOUS ARTICLE Different effect of l-NAME treatment on susceptibility to decompression sickness in male and female rats Previous NEXT ARTICLE 1H-NMR analysis of the human urinary metabolome in response to an 18-month multi-component exercise program and calcium–vitamin-D3 supplementation in older men Next Abstract Résumé References Information & Authors Metrics & Citations Get Access References Figures Tables Media Share Abstract Recent evidence suggests that, like adding exercise, reducing sitting time may improve cardiometabolic health. or FSB (45.6 ± 29.6 min, p = 0.05).)

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How to Balance Fitness and Busy Life: Tips from Holly Roser

Introduction: Finding Balance in the Hustle In today’s fast-paced world, juggling a busy life and maintaining fitness can feel like an impossible task. sprinting or burpees) with 30 seconds of rest.

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The COVID-19 and Education System: Impact And Strategy

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The Good Vices: From Beer to Sex, the Surprising Truth about What's Actually Good for You

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Lifestyle physical activity interventions: History, short-and long-term effects, and recommendations

American Journal of Preventive Medicine Volume 15, Issue 4, November 1998, Pages 398-412 Physical Activity Interventions Lifestyle physical activity interventions : History, short- and long-term effects, and recommendations Author links open overlay panel Andrea L. Dunn PhD a, Ross E. Andersen PhD b, John M. Jakicic PhD c Show more Outline Add to Mendeley Share Cite https://doi.org/10.1016/S0749-3797(98)00084-1

Abstract Introduction: Lifestyle physical activity interventions have resulted in response to the public health problem of promoting regular amounts of physical activity to the majority of U.S. adults who remain inadequately or completely inactive. valid and reliable measures of physical activity and should examine the health effects, particularly on a longitudinal basis.

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Development and feasibility of a brief Zero-time exercise intervention to reduce sedentary behaviour and enhance physical activity: a pilot trial

Health & Social Care in the Community Volume 27, Issue 4 p. e233-e245 ORIGINAL ARTICLE Development and feasibility of a brief Zero-time Exercise intervention to reduce sedentary behaviour and enhance physical activity: A pilot trial Agnes Lai, Agnes Lai orcid.org/0000-0002-7321-2632 School of Public Health, The University of Hong Kong, Hong Kong, SAR, China Search for more papers by this author Sunita Stewart, Sunita Stewart orcid.org/0000-0002-0642-781X Department of Psychiatry, University of Texas Southwestern Medical Center at Dallas, Dallas, Texas Search for more papers by this author Alice Wan, Alice Wan orcid.org/0000-0001-5267-1269 School of Public Health, The University of Hong Kong, Hong Kong, SAR, China Search for more papers by this author Carol Thomas, Carol Thomas orcid.org/0000-0002-2995-4954 Hong Kong Social Welfare Department, Hong Kong, SAR, China Search for more papers by this author Joyce Tse, Joyce Tse orcid.org/0000-0002-2015-9516 Christian Family Service Centre, Hong Kong, SAR, China Search for more papers by this author Daniel Ho, Daniel Ho orcid.org/0000-0002-3978-7133 School of Public Health, The University of Hong Kong, Hong Kong, SAR, China Search for more papers by this author Sophia Chan, Sophia Chan orcid.org/0000-0002-6349-3717 School of Nursing, The University of Hong Kong, Hong Kong, SAR, China Search for more papers by this author Tai-Hing Lam, Corresponding Author Tai-Hing Lam hrmrlth@hku.hk orcid.org/0000-0001-5921-3033 School of Public Health, The University of Hong Kong, Hong Kong, SAR, China Correspondence Tai-Hing Lam, School of Public Health, The University of Hong Kong, Hong Kong, SAR, China. Psychiatry, University of Texas Southwestern Medical Center at Dallas, Dallas, Texas Search for more papers by this author Alice Wan, Alice Wan

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Exercise snacking Study

Sedentary lifestyle: overview of updated evidence of potential health risks

Korean J Fam Med. 00832 PMID: 33242381 Abstract One-third of the global population aged 15 years and older engages in insufficient physical activities, which affects health.

Exercise snacking Study

The effect of changes in physical activity on sedentary behavior: results from a randomized lifestyle intervention trial

Restricted access Research article First published online November 11, 2015 The Effect of Changes in Physical Activity on Sedentary Behavior: Results From a Randomized Lifestyle Intervention Trial Juned Siddique, DrPH siddique@northwestern.edu, Peter John de Chavez, MS, […], Lynette L. Craft, PhD, Patty Freedson, PhD, and Bonnie Spring, PhD +2 -2 View all authors and affiliations Volume 31, Issue 4 https://doi.org/10.4278/ajhp.150129-QUAN-693 Contents Abstract Get access More Cite article Share options Information, rights and permissions Metrics and citations Abstract Purpose. to the citation manager of your choice Select your citation manager software: (select option) RIS (ProCite, Reference Manager) EndNote BibTex Medlars RefWorks Direct import Share options Share Share this article Share with email Email Article Link Share on social media Facebook X (formerly Twitter) LinkedIn WeChat Share access to this article Sharing links are not relevant where the article is open access and not available if you do not have a subscription.

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Barriers and enablers associated with participation in a home-based pragmatic exercise snacking program in older adults delivered and monitored by Amazon Alexa ...

Home Aging Clinical and Experimental Research Article Barriers and enablers associated with participation in a home-based pragmatic exercise snacking program in older adults delivered and monitored by Amazon Alexa: a qualitative study Original Article Open access Published: 17 January 2023 Volume 35, pages 561–569, (2023) Cite this article Download PDF You have full access to this open access article Aging Clinical and Experimental Research Aims and scope Submit manuscript Barriers and enablers associated with participation in a home-based pragmatic exercise snacking program in older adults delivered and monitored by Amazon Alexa: a qualitative study Download PDF Paul Jansons ORCID: orcid.org/0000-0002-8766-0516 1, 2, Jackson J. Fyfe 1, Jack Dalla Via 1, 3, Robin M. Daly 1 & ... David Scott 1, 2 Show authors 3890 Accesses 8 Altmetric Explore all metrics This article has been updated Abstract Background ‘Exercise snacking’, which is characterised by shorter and more frequent exercise bouts compared with traditional exercise guidelines, may be an acceptable strategy for increasing physical activity and reducing sedentary behaviour in older adults. adjustable dumbbells, exercise bands), prescribe whole-body exercise programs, and establish strategies to support participation in more than three exercise snacks per day.