



The Exercise Cure

The surprising science of a life-changing workout

TIME



INSIDE

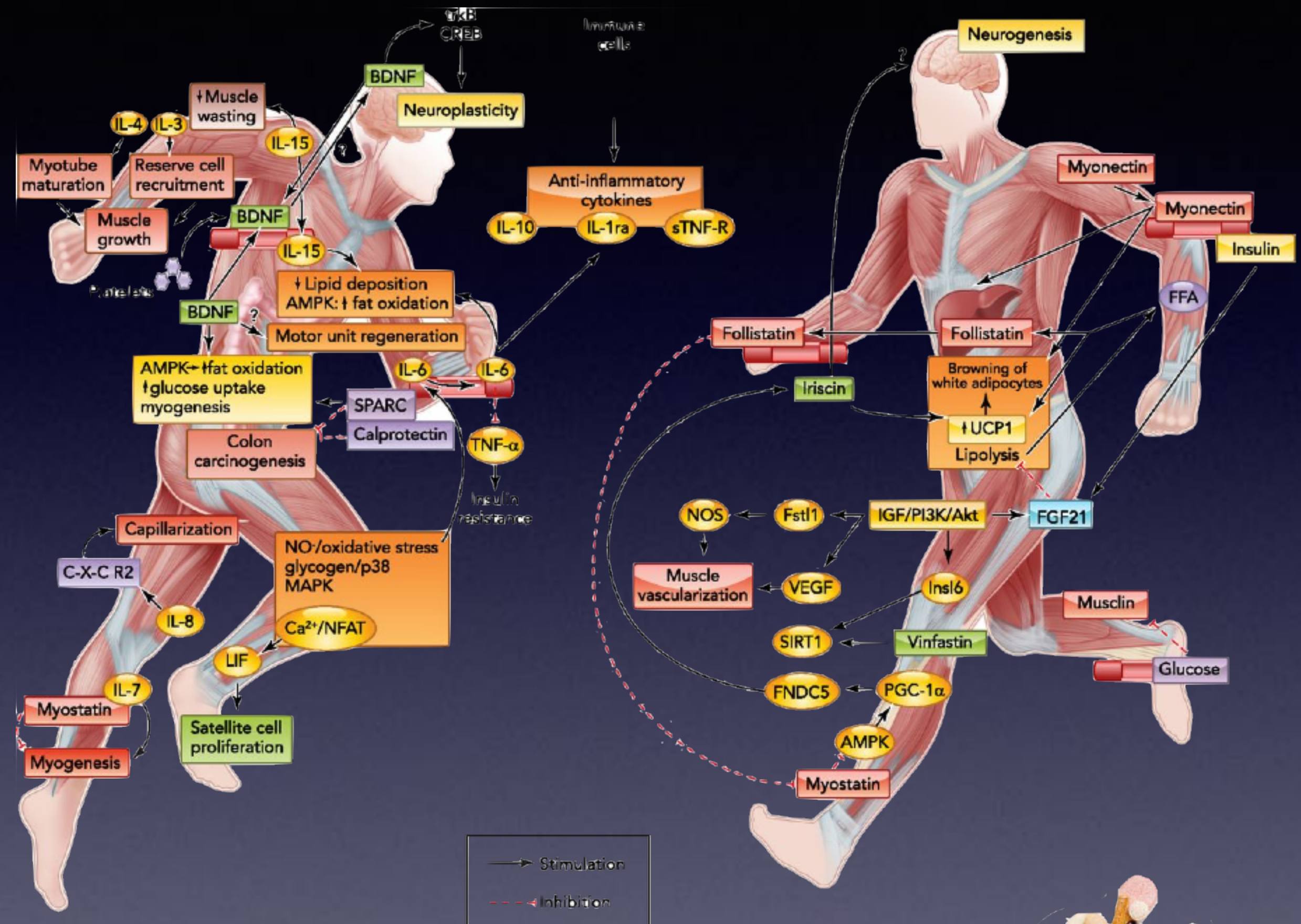
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Fysisk aktivitet



“There is no pill that comes close to what exercise can do”

– Claude Bouchard, director at Pennington Biomedical Research Center



Referanser fra mitt foredrag i 2018

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