

# Working populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

University of Wales Institute, Cardiff - Tracking



Description: -

-working populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

- BA (Hons) Sport & Human Movement Studiesworking populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

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## Tracking

Sleep, recovery, and performance: the new frontier in high-performance athletics. The most common of these conditions is RLS.

### The acute effects of exercise on mood state

How can I stop feeling tired and sleepy during the day? Â Start by talking to your doctor. Effects of repeated days of intensified training on muscle glycogen and swimming performance.

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A 20-min nap in athletes changes subsequent sleep architecture but does not alter physical performances after normal sleep or 5-h phase-advance conditions. Buysse DJ, Germain A, Moul DE, et al.

## Tracking

Â Excessive daytime sleepiness can be caused by lifestyle factors or health conditions. The cause of autoimmunity isn't yet understood and these illnesses can be managed but not cured. Harries SK, Lubans DR, Callister R.

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