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While endurance and resistance exercise both promote positive physiological adaptations in adipose tissue, endurance exercise has a more documented role in remodeling adipocytes, increasing fatty acid mobilization and oxidation during and post-exercise, modulating adipokine secretion and regulating mitochondrial

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metabolism [8,9]
compared with
resistance exercise.

Targeting White Adipose Tissue with Exercise or Bariatric

...

Summary We performed a meta-analysis of the effects of exercise on epicardial adipose tissue (EAT). A systematic search was conducted in PubMed and Scopus (since

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inception to 1 February
2020) of ra... And

Physical exercise and epicardial adipose tissue: A ...

Endurance exercise
training exerts global
anti-inflammatory
responses in multiple
organs, including
skeletal muscle, liver,
and adipose tissue.

Exercise and Adipose Tissue Macrophages: New

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During exercise, triacylglycerols, an energy reservoir in adipose tissue, are hydrolyzed to free fatty acids (FAs) which are then released to the circulation, providing a fuel for working muscles. Thus, regular physical activity leads to a reduction of adipose tissue mass and improves metabolism.

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**Effect of Exercise on
Fatty Acid And
Metabolism and
Adipokine ...**

Human and rodent exercise studies have indicated that exercise training can alter circulating adipokine concentration as well as adipokine expression in adipose tissue. Thus, the profound changes to WAT in response to exercise training may be part of the

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mechanism by which
exercise improves
whole-body metabolic
health.

Exercise Effects on White Adipose Tissue: Being and

...

catecholamine
response to exercise
increases lipolysis of
adipose tissue
triacylglycerols and,
presumably,
intramuscular
triacylglycerols. In

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In addition, increases in adipose tissue and muscle blood flow decrease fatty acid reesterification and facilitate the delivery of released fatty acids to skeletal

Lipid metabolism during endurance exercise.

Effects of long-term exercise on plasma adipokine levels and inflammation-related gene expression in

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subcutaneous adipose
tissue in sedentary
dysglycaemic,
overweight men and
sedentary

normoglycaemic men
of healthy weight

Sindre Lee^{1,2} & Frode
Norheim¹ & Torgrim M.
Langlete¹ & Hanne L.
Gulseth^{2,3} & Kåre I.
Birkeland^{2,4} &
Christian A. Drevon¹

**Effects of long-term
exercise on plasma
adipokine levels ...**

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Among adults with abdominal obesity, endurance and resistance training reduced certain kinds of cardiac adipose tissue mass, researchers reported.

Exercise reduces cardiac adipose tissue mass

An informative and comprehensive resource, Endurance Exercise and Adipose Tissue summarizes all

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of the latest research results regarding the role that endurance exercise plays in determining adipose tissue metabolism, body fat mass, and body fat distribution.

Endurance Exercise and Adipose Tissue | Dora M. Berman ...

This relationship between exercise and altered DNA methylation is here expanded to include

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human adipose tissue, as our data show 17,975 individual CpG sites that exhibit differential DNA methylation in adipose tissue after an exercise intervention, corresponding to 7,663 unique genes throughout the genome.

**A Six Months
Exercise
Intervention
Influences the**

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Three separate chapters are devoted to the acute and chronic effects of endurance exercise on 1) adipose tissue lipoprotein lipase, 2) glucose metabolism in white adipose tissue, and 3) the adipose tissue production of cytokines.

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Pages 192 pages

Adipose tissue, once
considered inert

connective tissue, is an
essential storage site
for key substrates used
as sources of energy.

In recent years, cellular
and molecular
biologists have
advanced the concept
that adipocytes are not
solely a cellular
storage location for
excess fuel.

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Endurance Exercise and Adipose Tissue | Taylor & Francis Group

The effects of exercise training on the mRNA expression of PGC-1 α (A), PGC-1 β (B) and Tfam mRNA expression (C) in epididymal and retroperitoneal adipose tissue Acute exercise increases the mRNA expression of PGC-1 α Immediately following an acute, 2 h bout of

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exercise, PGC-1 α mRNA expression was increased in both fat pads.

Exercise and adrenaline increase PGC-1 α mRNA expression in ...

The present data suggest that a training programme entailing localized explosive resistance exercise, prior to an endurance exercise bout, may target specific adipose

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tissue sites eliciting
localised fat mass loss
in the upper and lower
limbs. Effect of
combined resistance
and endurance
exercise training on
regional fat loss

Effect of combined resistance and endurance exercise

...

This may occur if we
undergoing excessive
exercise training
volumes without

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sufficient recovery. As cortisol is a catabolic hormone (i.e. it breaks down tissue), prolonged exposure to high levels of cortisol can lead to the breakdown of muscle tissue. This can negatively impact muscle gains and exercise performance.

**Optimizing cortisol
for exercise and
recovery -**

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OBJECTIVE To characterize the relationships among long-term improvements in peripheral insulin sensitivity (glucose disposal rate [GDR]), fasting glucose, and free fatty acids (FFAs) and concomitant changes in weight and adipose tissue mass and distribution induced by lifestyle intervention in obese individuals with type 2

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diabetes. RESEARCH
DESIGN AND METHODS
We measured GDR,
fasting glucose ...

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