

Medicine Science In Sports Exercise Journal

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Dr. Ralph Smith - Consultant in Sport and Exercise Medicine, Oxford University Hospitals
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In their study, Hari and coworkers evaluated patients with NAFLD and found that aerobic exercise training for as few as 7 days led to an ~10% improvement in hepatic insulin extraction, with a concomitant ~35% increase in whole body insulin sensitivity.

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Medicine and Science in Sports and Exercise, 34, 1863-1867. Article. Dec 2002; Timothy R Burnham. Anthony Wilcox. The primary purpose of this study was to examine the effect of aerobic exercise on ...

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