Decrease of microglia and fatty liver in obese mice by germinated Sang-Yod rice

Our previous study indicated that learning and cognition of obese mice were enhanced by germinated Sang-Yod rice intervention. We recently discover that inferior effects of high fat diet on lipid metabolisms and functions of two vital organs, including the liver and the brain are attenuated by germinated Sang-Yod rice. Thirty-two male C57BL/6J mice are divided into 4 ...

Validation of a wearable metabolic tracker (Breezing ProTM) for Resting Energy Expenditure (REE) measurement via Douglas bag method

Background and aims: Resting Energy Expenditure (REE) is one of the most important metabolic parameters since it accounts for 60%-70% of total energy expenditure (TEE) in a typical population and 80%-90% in a sedentary one. Accurate measurement of REE is essential for weight control, nutrition management, and disease treatment. Though metabolic carts, desktop metaboli ...

Perspective
As sedentary related cardiometabolic outcomes have increased worldwide for the past decades, stimulating a physically active lifestyle among younger populations is imperative. Physical education, as a key tool to develop physical literacy (PL), can reverse this global trend using different approaches. Observational and experimental research must be conducted to address...