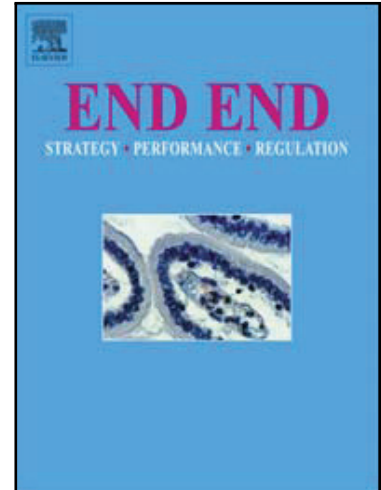


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A single bout of low-intensity exercise produces modestly favorable changes in the glycemic and lipidemic profiles following the ingestion of non-isoglucidic breakfasts

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Highlights

- Short, mild exercise has beneficial effects on post-prandial metabolism
- Short, mild exercise significantly decreases post-prandial glucose concentration
- Short, mild exercise significantly increases post-prandial FFA concentration

- Original Article -

A single bout of low-intensity exercise produces modestly favorable changes in the glycemic and lipidemic profiles following the ingestion of non-isoglucidic breakfasts

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