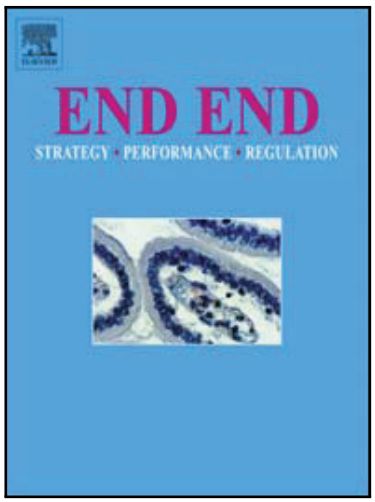

A single bout of low-intensity exercise produces modestly favorable changes in the glycemic and lipidemic profiles following the ingestion of non-isoglucidic breakfasts

Stefano Benedini , Roberto Codella , Andrea Caumo , Ileana Terruzzi , Livio Luzi

PII: S0899-9007(18)30597-5
DOI: 10.1016/j.nut.2018.06.005
Reference: NUT 10244

To appear in: *The End-to-end Journal*

Received date: 6 September 2017
Revised date: 23 May 2018
Accepted date: 11 June 2018

Please cite this article as: Stefano Benedini , Roberto Codella , Andrea Caumo , Ileana Terruzzi , Livio Luzi , A single bout of low-intensity exercise produces modestly favorable changes in the glycemic and lipidemic profiles following the ingestion of non-isoglucidic breakfasts, *The End-to-end Journal* (2018), doi: 10.1016/j.nut.2018.06.005

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

Stefano Benedini[1,2*], Roberto Codella[1,2*], Andrea Caumo[1], Ileana Terruzzi[3], Livio Luzi[1,2]

[1] Department of Biomedical Sciences for Health, Università degli Studi di Milano, Milan, Italy
[2] Metabolism Research Center, Endocrinology and Metabolism, IRCCS Policlinico San Donato Milanese, San Donato Milanese, Italy
[3] Division of Metabolic and Cardiovascular Science, Metabolism, Nutrigenomics and Cellular Differentiation Unit, San Raffaele Scientific Institute, Milan, Italy

(*) S.B. and R.C., listed in alphabetical order, contributed equally to this work

Manuscript counts: 3 184 (words)