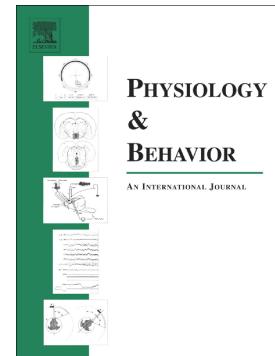


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Resistance Training is Associated with Spontaneous Changes in Aerobic Physical Activity but not Overall Diet Quality in Adults with Prediabetes

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