



1

HAVE YOUR PIZZA AND EAT IT TOO

The research

A study at the Centre for Nutrition, Exercise and Metabolism at the University of Bath assessed whether an excess of calories had an immediate impact on metabolism. They achieved this by having healthy male volunteers aged 22-37 years, eat as much pizza as they could.

The findings

Although the men consumed almost twice as much pizza as they normally would, doubling their calorie intake, the amount of nutrients in the bloodstream remained within normal range. The nutrients ingested were either efficiently used or stored, and blood sugar and lipid levels were barely elevated

compared to when only half as much food was eaten. Most interesting of all, the study shows that humans are capable of eating twice as much food as is needed with the body adapting well to the influx of nutrients in one huge meal.

What this means

Although studies are yet to investigate whether the same is true for other groups such as women, the overweight and older populations, this study has shown that if you are a healthy young man, overindulging at Christmas lunch will not cause any immediate negative consequences to your health. Long-term over-eating is the issue, as it can lead to weight gain and obesity, and related health issues such as type 2 diabetes and cardiovascular disease.

THE STUDY

THE SOURCE

2

AEROBIC EXERCISE COULD HAVE THE FINAL SAY ON FATTY LIVERS

The research

Researchers at Trinity College Dublin studied patients with metabolic associated fatty liver disease (MAFLD). Using an exercise-only intervention coupled with repeat liver biopsies to monitor results, they deduced whether aerobic fitness was more beneficial than specifically losing weight to help treat MAFLD.

The findings

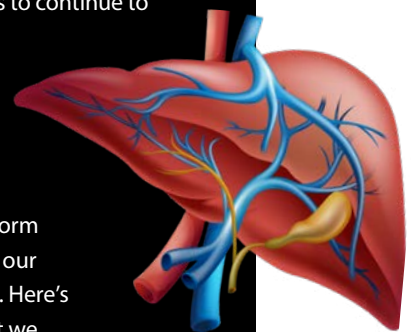
The study found that increasing aerobic fitness was more beneficial for the improvement in MAFLD patients than weight loss itself. Researchers discovered positive results in as little as 12 weeks, in the patients participating in aerobic exercise. This study is also the first to link the interrelationship between the

There is a need for an exercise referral system in the hospital and health care system. Fitness professionals and fitness businesses should align themselves with hospitals or general practitioners to offer specific exercise/training programs, which would allow patients to continue to exercise long-term.

ADDITIONAL READING

Here in Victoria, during lockdown 2.0 we've been perfecting our bookworm impersonations by spending much of our time immersed in the words of others. Here's a collection of thought-provokers that we thought you too may find intriguing.

- Is Apple about to launch the biggest threat the fitness industry has ever seen?



THE STUDY

THE SOURCE