



1 Overview

Summary and Quick Facts for Exercise Enhancement

2 Introduction

3 Types of Exercise

High-Intensity Interval Training



What are the Best Exercises for Heart Health?

Metformin and Exercise

Figure 1. The DO-HEALTH Simple Home Exercise Program (SHEP).







Growth Factors from Active Mice Improve Brain Health in Sedentary Mice

5 How Much Exercise Do I Need?



6 Strategies for Enhancing Exercise

7 Nutrients

Update History

References


