ESSR Journal Club

Covered Article: “Inactivity Causes Resistance to Improvements in Metabolism After Exercise”
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1) What percent of the American adults and adolescents are considered “inactive” and fail to meet the 2018 Physical Activity Guidelines?

2) According to the 2018 Physical Activity Guidelines, how many minutes of moderate-intensity aerobic exercise are recommended?

3) Is inactivity and its detrimental physiological effects simply the lack of exercise? Explain.

4) What enzyme is related to the reduced plasma triglyceride uptake by muscle?

5) What is meant by the term, “exercise resistance”?

6) What is the possible impact on a 1-h bout of running after prolonged sitting and taking 1,700 steps·day⁻¹?

7) When developing guidelines for health regarding exercise prescription, why is it important to also consider the level of background activity (e.g., steps/day)?

8) Are people who meet the 2018 Physical Activity Guidelines still at risk for cardiovascular disease and death if they are too inactive throughout the day?

9) How many steps per day are sufficient to prevent exercise resistance?

10) What is the response of whole-body fat oxidation to inactivity and what phenomenon might it cause?