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Exercise, Nutrition, And Environmental Stress: Gssi Sports Science Network Forum : Nagano, 2000



Synopsis

Volume 2 of the Exercise, Nutrition and Environmental Stress series covers ACTH responses to stressors, regulation of muscle blood flow during exercise, exercise induced hypervolemia, blood-hemoglobin oxygen carrying capacity, energy production in skeletal muscle, resistance-exercise stimulus, muscle atrophy, cardiovascular drift, time memory for heat stress, cold acclimation, cellular adaptations of adipocytes, preventing heat illness in children and the elderly.

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