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## Physical Activity and Nutrition

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- Review article**
- Jang Soo Yook / Minchul Lee  
Potential role of phytochemicals in brain plasticity: Focus on polyunsaturated fatty acids
- Short communication**
- Yeram Park / Inkwon Jang / Hun-Young Park / Jisu Kim / Kiwon Lim  
Hypoxic exposure can improve blood glycemic control in high-fat diet-induced obese mice
- Original articles**
- Yong-In Ju / Hak-Jin Choi / Kazuhiro Ohnaru / Teruki Sone  
Differential effects of jump versus running exercise on trabecular bone architecture and strength in rats
  - Sinwook Lee / Gyuseog Hong / Wonil Park / Jaeseong Lee / Nahyun Kim / Hyejoon Park / Jonghoon Park  
The effect of short-term creatine intake on blood lactic acid and muscle fatigue measured by accelerometer-based tremor response to acute resistance exercise
  - Yena Bong / Wook Song  
The effects of elastic band exercises and nutritional education on frailty, strength, and nutritional intake in elderly women
  - Insu Kwon  
Angiotensin-converting enzyme gene insertion/deletion polymorphism is not associated with BMI in Korean adults
  - Hun-Young Park / Won-Sang Jung / Hyejung Hwang / Sung-Woo Kim / Jisu Kim / Kiwon Lim  
Predicting the resting metabolic rate of young and middle-aged healthy Korean adults: A preliminary study

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