

PAN

Physical Activity and Nutrition

Review articles

- Kwangjun Lee / Kwang-Seok Hong / Jonghoon Park / Wonil Park
Readjustment of circadian clocks by exercise intervention is a potential therapeutic target for sleep disorders: a narrative review
- Md Najmul Hossain / Jaeun Lee / Hongseok Choi / Yi-Sub Kwak / Jongnam Kim
The impact of exercise on depression: how moving makes your brain and body feel better
- Seung Hak Baek / Suji Baek / Gyoungmin Kim / Andrew Sik Chi / Erin Kim / Dong Hyeok Hwang / Sarah Ko / Hyun Joo Jang / Kang Pa Lee
Possible effect of exercise with anti-fatigue nutrition on ROS-induced depression and suicide risk: a review

Original articles

- Woo-Hyeon Son / Min-Seong Ha / Tae-Jin Park
Effect of physical activity on free fatty acids, insulin resistance, and blood pressure in obese older women
- Song-Gyu Ra / Hajime Miura / Takashi Iwata
Effects of electrical stimulation of the lower extremities on postprandial hyperglycemia and arterial stiffness
- Deuksu Park / Jaekeun Oh / Ilsu Kwon
The effect of warm-up with trans-cranial direct current stimulation on performance factors in collegiate golfers
- Insu Kwon / Kyoung Soo Kim / Youngil Lee
Relationships between endurance exercise training-induced muscle fiber-type shifting and autophagy in slow- and fast-twitch skeletal muscles of mice

Brief report

- Masaharu Kagawa / Yosuke Nagashima / Satomi Oshima / Akiko Sato / Tatsuya Ishizu / Kazuko Ishikawa-Takata / Motoko Taguchi
An academic cooperation between the Japan Sports Nutrition Association (JSNA) and the Korean Society for Exercise Nutrition (KSEN)