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Formato	Materiale a stampa
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Note generali	Refereed/Peer-reviewed
Sommario/riassunto	Coverage includes biochemical, physiological, pathophysiological and clinical aspects of research on physical exercise in the prevention of diabetes mellitus and insulin resistance syndrome, cardiovascular diseases, inflammation, and some cancers. The journal also presents studies identifying the "dose" of physical exercise suitable for prevention and the "dose" suitable for treatment of specific diseases, for the different sport activities.