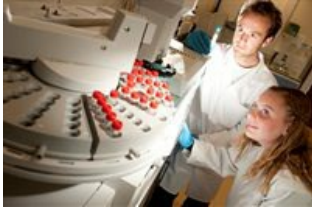


## Exercise metabolism



This research builds on expertise in exercise biochemistry, physiology, nutrition and metabolism applied to human beings at an integrative level.

The aims are to investigate determinants of -

- sports performance at top and recreational level
- health effects of exercise in obese, ageing and diseased populations

Studies aim to create insight in mechanisms ranging from molecular adaptations in tissues up to the measurement of fuel use and key physiological functions at tissue and whole body level.

In the RAE period members of the group have made important contributions to each of the **research themes** (</research/activity/metabolism/research/index.aspx>).

### Influencing popular opinion...

See Dr Chris Shaw speaking to BBC News about the benefits of doing short intense bursts of exercise.



(<http://www.adobe.com/go/getflashplayer>)  
Source: BBC News

**[See the related news story on intense exercise \(/schools/sport-exercise/news/01Aug-Less-than-ten-minutes-of-intense-exercise-a-week-is-enough-to-reduce-risk-of-cardiovascular-disease-and-diabetes-according-to-new-research.aspx\)](/schools/sport-exercise/news/01Aug-Less-than-ten-minutes-of-intense-exercise-a-week-is-enough-to-reduce-risk-of-cardiovascular-disease-and-diabetes-according-to-new-research.aspx)**