

### **Recent research in exercise and nutrition**

- **Childhood diet and exercise creates healthier, less anxious adults**

<https://www.sciencedaily.com/releases/2021/04/210409093604.htm>

- **Test your heart health by climbing stairs**

<https://www.sciencedaily.com/releases/2020/12/201211083104.htm>

- **Healthy diet and exercise during pregnancy could lead to healthier children**

<https://www.sciencedaily.com/releases/2020/09/200911110804.htm>

- **Dieting and weight worries on rise in teens**

<https://www.sciencedaily.com/releases/2020/11/201116112855.htm>

- **Multivitamins, omega-3, probiotics, vitamin D may lessen risk of positive COVID-19 test**

<https://www.sciencedaily.com/releases/2021/04/210419195307.htm>

- **Frequent Consumption of Meals Prepared Away from Home Linked to Increased Risk of Early Death**

<https://www.sciencedaily.com/releases/2021/03/210325084824.htm>

- **Why some of us are hungry all the time**

<https://www.sciencedaily.com/releases/2021/04/210412114802.htm>

- **Should you take fish oil? Depends on your genotype**

<https://www.sciencedaily.com/releases/2021/03/210325115253.htm>

- **Study ratifies link of processed meat to cardiovascular disease and early death**

<https://www.sciencedaily.com/releases/2021/03/210331103529.htm>

- **Designing healthy diets with computer analysis**

<https://www.sciencedaily.com/releases/2021/04/210420183152.htm>

- **No limit to cardiovascular benefits of exercise, study finds**

<https://www.sciencedaily.com/releases/2021/01/210112144824.htm>

- **Esports: Fit gamers challenge 'fat' stereotype**

<https://www.sciencedaily.com/releases/2020/11/201130131527.htm>

- **Why physical activity entices you to eat more - and how to fight it**

<https://www.sciencedaily.com/releases/2021/04/210407122211.htm>

- **Physical inactivity linked to more severe COVID-19 infection and death**

<https://www.sciencedaily.com/releases/2021/04/210413194036.htm>

- **People want to improve mental health by exercising, but stress and anxiety get in the way**

<https://www.sciencedaily.com/releases/2021/04/210412121216.htm>

- **Activity is good: Varied activity is better**

<https://www.sciencedaily.com/releases/2021/03/210329122450.htm>

- **More protein doesn't mean more strength in resistance-trained middle-aged adults**

<https://www.sciencedaily.com/releases/2021/03/210325101256.htm>

- **Green leafy vegetables essential for muscle strength**

<https://www.sciencedaily.com/releases/2021/03/210324132309.htm>

- **A strong coffee half an hour before exercising increases fat-burning**

<https://www.sciencedaily.com/releases/2021/03/210322175042.htm>

- **Move your body for five minutes every hour to counteract lockdown inactivity**

<https://www.sciencedaily.com/releases/2021/03/210322112904.htm>

- **The fitter you are the better you burn fat**

<https://www.sciencedaily.com/releases/2021/03/210316114239.htm>

- **Pick up the pace! Slow walkers four times more likely to die from COVID-19, study finds**

<https://www.sciencedaily.com/releases/2021/03/210316083755.htm>

- **Preschoolers With Higher Cardiorespiratory Fitness Do Better on Cognitive Tests**

<https://www.sciencedaily.com/releases/2021/02/210218140110.htm>