Identifying Mechanisms to Optimize the Therapeutic Benefits of Exercise

Increased aerobic exercise capacity is one of the key health benefits of aerobic exercise training. However, individuals with metabolic diseases such as type 1 or type 2 diabetes have blunted improvements in aerobic capacity with training. This seminar will outline novel mechanisms that may lead to impaired exercise capacity in those with metabolic disease. Potential therapies to improve the response to exercise will also be discussed.