

PIONEERS IN BIOMEDICAL RESEARCH SEMINAR

Presented by the Fralin Biomedical Research Institute and co-sponsored by the research institute's Addiction Recovery Research Center and the Center for Transformative Research on Health Behaviors



JOHN THYFAULT, Ph.D.

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Aerobic Fitness and Susceptibility for Metabolic Dysfunction

Aerobic capacity, also called cardiorespiratory fitness, is the capacity of the body to utilize oxygen in metabolic pathways during maximal exercise. Aerobic capacity levels are impacted by daily exercise behavior, genetics, and aging. Epidemiological studies have clearly shown that low aerobic capacity is one of the most powerful independent predictors of disease and mortality risk, but mechanisms remain mostly unknown. Dr. Thyfault will discuss the role of aerobic capacity in relation to metabolic health with a focus on liver health and interactions with commonly used medications.

FRIDAY, APRIL 16 at 11:00 a.m.

This seminar will be webcast live at www.fbrl.vtc.vt.edu/events/live-webcast and via Zoom at <https://virginiatech.zoom.us/j/88455975668>



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