

Strategies for Post-Exercise Recovery

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Propositions related to the dissertation entitled:

Strategies for post-exercise recovery

1. Sucrose ingestion is preferred over glucose ingestion to accelerate post-exercise liver glycogen repletion. (this thesis)
2. Ingestion of both branched-chain amino acids and ketoacids stimulate muscle protein synthesis, but anabolic responses are more short-lived when compared to the ingestion of an equivalent amount of intact protein. (this thesis)
3. Denaturing dietary protein by heating does not substantially impact the capacity of the protein to stimulate postprandial muscle protein synthesis rates during recovery from exercise. (this thesis)
4. Post-exercise cooling blunts the post-exercise increase in muscle protein synthesis rates and should, therefore, not be routinely applied by athletes. (this thesis)
5. Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. (Plato)
6. The future of sports nutrition is not high carb or low carb or any new diet, it is personalized nutrition, customized to individuals and their goals. (Asker Jeukendrup)
7. Some supplements probably work for some people some of the time, many supplements don't work for anybody any of the time. (Ron Maughan)
8. Recovery is an essential aspect of exercise training and adaptation, and therefore athletes and coaches should better inform themselves instead of just following the hypes around recovery strategies.
9. To truly become a master at something, you have to play with it and/or teach it. (Adapted from Jordan Peterson and Richard Feynman)
10. The last three or four reps is what makes the muscle grow, this area of pain divides a champion from someone who is not a champion. (Arnold Schwarzenegger)

Cas Fuchs

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