

# TARGETING HUMAN INSULIN SENSITIVITY

Citation for published version (APA):

Remie, C. (2020). *TARGETING HUMAN INSULIN SENSITIVITY: a cool, an active, and a compound-based approach*. [Doctoral Thesis, Maastricht University]. Ridderprint.  
<https://doi.org/10.26481/dis.20202808cr>

**Document status and date:**

Published: 01/01/2020

**DOI:**

[10.26481/dis.20202808cr](https://doi.org/10.26481/dis.20202808cr)

**Document Version:**

Publisher's PDF, also known as Version of record

**Please check the document version of this publication:**

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

**General rights**

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

[www.umlib.nl/taverne-license](http://www.umlib.nl/taverne-license)

**Take down policy**

If you believe that this document breaches copyright please contact us at:

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

## STELLINGEN

Behorende bij het proefschrift

### **Targeting human insulin sensitivity** a cool, an active and a compound-based approach

1. Oral supplementation of the NAD<sup>+</sup> precursor nicotinamide riboside for six weeks with a dose of 1000 mg/day does not improve human insulin sensitivity (*this thesis*)
2. Replacing sedentary time by standing and walking is similarly effective in enhancing peripheral insulin sensitivity compared to one hour of moderate-to-vigorous exercise per day (*this thesis*)
3. Ten days of mild cold exposure without detectable shivering does not improve insulin sensitivity (*this thesis*)
4. Brown adipose tissue activity can be enhanced by oral supplementation with the NAD<sup>+</sup> precursor nicotinamide riboside in mice, but not in humans (*this thesis*)
5. When human clinical trials are performed, it is of great importance that reliable results are obtained in the most non-invasive way possible (*this thesis – valorization*)
6. Metabolic control involves a delicate balance between energy intake, utilization and storage (*Houtkooper et al. Nature Reviews Molecular Cell Biology, 2016*)
7. Obesity adversely affects nearly all physiological functions of the human body and comprises a significant public health threat (*Adapted from Chooi et al. Metabolism, 2019*)
8. Early in life, when eating and physical activity habits are formed and when the long-term regulation of energy balance may be programmed, there is a critical window for intervention to mitigate the risk of obesity and type 2 diabetes later in life (*WHO, 2016*)
9. Once in a while you can run very fast, but you cannot always go to the maximum (*Eliud Kipchoge*)
10. The whole world is a series of miracles, but we're so used to them we call them ordinary things (*Hans Christian Andersen*)
11. Of all books in the world, the best stories are found between the pages of a passport