1. Due to their role in metabolic crosstalk between the heart and peripheral tissues, natriuretic peptides are attractive targets for the prevention and treatment of human cardiometabolic diseases. 
   *This thesis*

2. Abdominal subcutaneous adipocytes exhibit both an impaired catecholamine- and ANP-mediated lipolysis, which may promote excess body fat accumulation and whole-body insulin resistance in the obese state. 
   *This thesis*

3. In the process of adipose tissue inflammation, innate as well as adaptive immune cells may be substantially involved in human visceral adipose tissue depots of metabolically compromised patients. 
   *This thesis*

4. During exercise, there is a major contribution of non-adrenergically-mediated adipose tissue lipolysis in the abdominal subcutaneous adipose tissue, even in the obese insulin-resistant state. 
   *This thesis*

5. Following exercise intervention and regardless of improvements in metabolic profile and body composition, adipocyte lipolytic impairments remain present in the obese insulin resistant state. 
   *This thesis*

6. Combining endurance-type exercise with inhibition of adipose tissue lipolysis through acipimox is a suitable therapy to improve glycemic control in the obese diabetic state. 
   *This thesis*

7. Adipose tissue function is all about size, sites and cytes. 
   *Matthias Blüher, Minkowski Lecture, European Association for the Study of Diabetes, 2015*

8. ‘Fat but fit’ is a myth, so stop making excuses for obesity. 
   *The Telegraph, May 18th 2017*

9. The one thing that matters is the effort. 
   *Antoine de Saint-Exupery*

10. Be like a duck. Calm on the surface, but always paddling like the dickens underneath. 
    *Michael Caine*