

Sit Less or Exercise More?

Citation for published version (APA):

Duvivier, B. M. F. M. (2017). *Sit Less or Exercise More? Impact of interventions reducing sedentary behaviour on cardiovascular risk factors*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20171027bmd>

Document status and date:

Published: 01/01/2017

DOI:

[10.26481/dis.20171027bmd](https://doi.org/10.26481/dis.20171027bmd)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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Sit Less or Exercise More?

Impact of interventions reducing sedentary behaviour on cardiovascular risk factors

1. Bij gelijk energieverbruik verbetert licht intensieve activiteit (staan en langzaam wandelen) de insulinegevoeligheid meer dan matig tot zwaar intensieve activiteit (fietsen) – dit proefschrift
2. Licht intensieve activiteit is een effectieve manier om de glucoseregulatie, plasmalipiden en insulinegevoeligheid te verbeteren bij mensen met diabetes mellitus type 2 – dit proefschrift
3. Het negatieve effect van langdurig zitten op cardiovasculaire risicofactoren kan niet volledig gecompenseerd worden door matig tot zwaar intensieve activiteit – dit proefschrift
4. Bij gelijk energieverbruik verbetert matig tot zwaar intensieve activiteit plasma-endotheelmarkers meer dan licht intensieve activiteit – dit proefschrift
5. Staan is een effectieve manier om postprandiale glucose- en insulinepieken te verlagen – Henson et al., Diabetes Care 2016
6. De Nederlandse Beweegrichtlijnen dienen meer aandacht te besteden aan licht intensieve activiteit
7. Werkgevers en overheidsinstanties zouden bij wet verplicht moeten worden elk ‘normaal’ zitbureau te vervangen door een verstelbare zit-sta bureau
8. De meeste geneeskunde-opleidingen besteden te weinig aandacht aan de preventie van ziektes
9. Don't burn bridges. You'll be surprised how many times you have to cross the same river – Jackson Brown Jr.
10. Il y a des fleurs partout pour qui veut bien les voir – Matisse
11. Pain is temporary, victory is forever