

The effects of exercise and nutrition on muscle fuel selection

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Stellingen

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“The effects of nutrition and exercise on muscle fuel selection”

1. Tijdens inspanning bij getrainde duuratleten levert de oxidatie van intramusculair en lipoproteïne afkomstig triacylglycerol samen een belangrijke bijdrage (40-50%) aan de totale vetoxidatie. *(Dit proefschrift)*
2. Om de glycogeen resynthese na inspanning te maximaliseren moet meer dan 0.8 gram koolhydraat per kg lichaamsgewicht per uur worden ingenomen. *(Dit proefschrift)*
3. Leucine inname resulteert in een directe en indirecte (plasma insuline gemedieerde) stimulatie van de eiwitsynthese. *(Anthony et al. J. Nutr. 130: 139-45, 2000 en dit proefschrift)*
4. De toename in vetoxidatie tijdens inspanning wordt, naast de inactivering van acetyl-CoA carboxylase ook veroorzaakt door een toename in de malonyl-CoA decarboxylase activiteit. *(Saha et al. J. Biol. Chem. 275; 32: 24279-83, 2000)*
5. Voor een goede glucose homeostase is de toename van de insuline gevoeligheid na inspanning zeker zo belangrijk als de versnelling van de glucose oxidatie tijdens inspanning. *(Wojtaszewski et al. Diabetes 49: 325-31, 2000 en dit proefschrift)*
6. Transcraniale magnetische stimulatie van de motor cortex zal in de toekomst een belangrijke techniek worden om de bijdrage van het centraal zenuwstelsel aan het ontstaan van vermoeidheid te onderzoeken. *(Taylor et al. Muscle Nerve 24: 18-29, 2001)*
7. The difference between entertainment and love is having someone to talk to without the possibility of sharing the silence. *(the author in Visions of Laughter and Pain)*
8. In order to compensate for mankind's dissociation from natural selection, we will have to enjoy those things we're not predisposed to. *(the author in Visions of Laughter and Pain)*
9. If it is true that the road to hell is paved with good intentions, then heaven will be crowded. *(the author in Visions of Laughter and Pain)*
10. Het feminisme, dat is zoiets als een volle waterput die klaagt dat hij last heeft van vochtplekken. *(Herman Brusselmans in Ex-minnaar. 1993)*
11. De mensheid dient in wezen ingedeeld te worden per individu, wat het tellen er niet simpeler op maakt. *(Herman Brusselmans in Zul je mij altijd graag zien? 1997)*