Decrease of microglia and fatty liver in obese mice by germinated Sang-Yod rice

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Our previous study indicated that learning and cognition of obese mice were enhanced by germinated Sang-Yod rice intervention. We recently discover that inferior effects of high fat diet on lipid metabolisms and functions of two vital organs, including the liver and the brain are attenuated by germinated Sang-Yod rice. Thirty-two male C57BL/6J mice are divided into 4 ...
Physical Literacy for life: the facts, the trends, and the effects

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As sedentary related cardiometabolic outcomes have increased worldwide for the past decades, stimulating a physically active lifestyle among younger populations is imperative. Physical education, as a key tool to develop physical literacy (PL), can reverse this global trend using different approaches. Observational and experimental research must be conducted to address ...