How does 6 months of active bike commuting or leisure-time exercise affect insulin sensitivity, cardiorespiratory fitness and intra-abdominal fat? A randomised controlled trial in individuals with overweight and obesity - DTU Orbit (06/10/2019)
Blond, Martin Bæk ; Rosenkilde, Mads ; Gram, Anne Sofie ; Tindborg, Marie ; Christensen, Anders Nymark ; Quist, Jonas Salling ; Stallknecht, Bente Merete. / How does 6 months of active bike commuting or leisure-time exercise affect insulin sensitivity, cardiorespiratory fitness and intra-abdominal fat? A randomised controlled trial in individuals with overweight and obesity. In: British Journal of Sports Medicine. 2019.