“Fitter fat”: How exercise may reshape your body fat in surprisingly healthful ways

With Jeff Horowitz, Ph.D.
Professor, Movement Science and
Director, Substrate Metabolism Laboratory

Friday, February 22 • 1:00pm
Bickner Auditorium (3735 CCRB)

Abstract: Even when your new exercise program isn’t leading to the weight/fat loss goals you set, “behind the scenes” that exercise may be modifying your body fat in important ways to keep you healthy. In his talk, Jeff will discuss work from his lab testing hypotheses about how exercise may modify the structure and function of body fat to protect against the development of metabolic health complications and diseases (like diabetes). It might change how you think about your body fat.