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## Physical Activity and Nutrition

### Original articles

- Hye Jin Kim / Oran Kwon  
Aerobic exercise prevents apoptosis in skeletal muscles of high-fat-fed ovariectomized rats
- Ayano Imai / Keiichi Yamaguchi / Kazushige Goto  
Comparison of systemic and peripheral responses during high-intensity interval exercise under voluntary hypoventilation vs. hypoxic conditions
- Maryam Selk-Ghaffari / Bahar Hassanmirzaei / Amin Nakhostin-Ansari / Behnaz Mahdaviyani / Mohammad Saeid Khonji / Reyhaneh Aghajani / Maedeh Gholami-Mehrabadi / Afifeh Khosravi / Ramin Kordi  
Conceptualization and development of a questionnaire to determine physical activity barriers
- Yuya Higaki / Shumpei Fujie / Yosuke Yamato / Moe Oshiden / Motoyuki Iemitsu  
Four weeks of lower-limb static stretching reduces regional arterial stiffness in middle-aged and older women
- Eun-Sook Sung / Sijin Lee / Youngjun Lee / Seunghee Lee / Jonghoon Park  
Analysis of energy intakes, physical activities and metabolic syndrome according to the income level in Korean elderly people: Korean National Health and Nutrition Examination Survey 2016–2018