

Allenamento

Trazioni alla sbarra: spunti pratici e programmazione

Erik Neri

Nessun riferimento.

Grasso intermuscolare (IMAT): influenza sulla salute e sulla prestazione

Angelo Fassio

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Allenamento del gran dorsale: cosa determina spessore e larghezza?

Lorenzo Pansini

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Il dolore alla spalla nel fitness

Andrea Roncari

Nessun riferimento.

Il danno muscolare causato dall'allenamento è realmente un fattore utile per l'ipertrofia?

Gianluca Improta

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Ricomposizione corporea: La storia di Francesco

Marco Perugini

Nessun riferimento.

Alimentazione

Olio di palma: il bene e il male oltre le chiacchiere

Maurizio Ballarino

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La verità sul cibo biologico

Ivan Pitrulli

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Testi di approfondimento consigliati

Bressanini Dario - Pane e bugie (2010) Bressanini Dario - Contro Natura (2015)

Panoramica sugli stimolatori dell'ossido nitrico: cenni generali e supplementi NO boosters

Lorenzo Pansini

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Prodotti lattiero caseari, grassi alimentari e rischio cardiovascolare

Daniele Esposito

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Pasta di semola integrale versus tradizionale: focus su fibra e minerali

Gianluca Giuberti

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Anche un consumo moderato di alcol fa male alla salute

Ivan Pitrucci

Alcohol use and burden for 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016 - The Lancet. Burton, Robyn, e Nick Sheron.

«No Level of Alcohol Consumption Improves Health». *The Lancet*, vol. 0, n. 0, agosto 2018
Wood, Angela M., et al. «Risk Thresholds for Alcohol Consumption: Combined Analysis of Individual-Participant Data for 599 912 Current Drinkers in 83 Prospective Studies». *The Lancet*, vol. 391, n. 10129, aprile 2018, pagg. 1513–23.