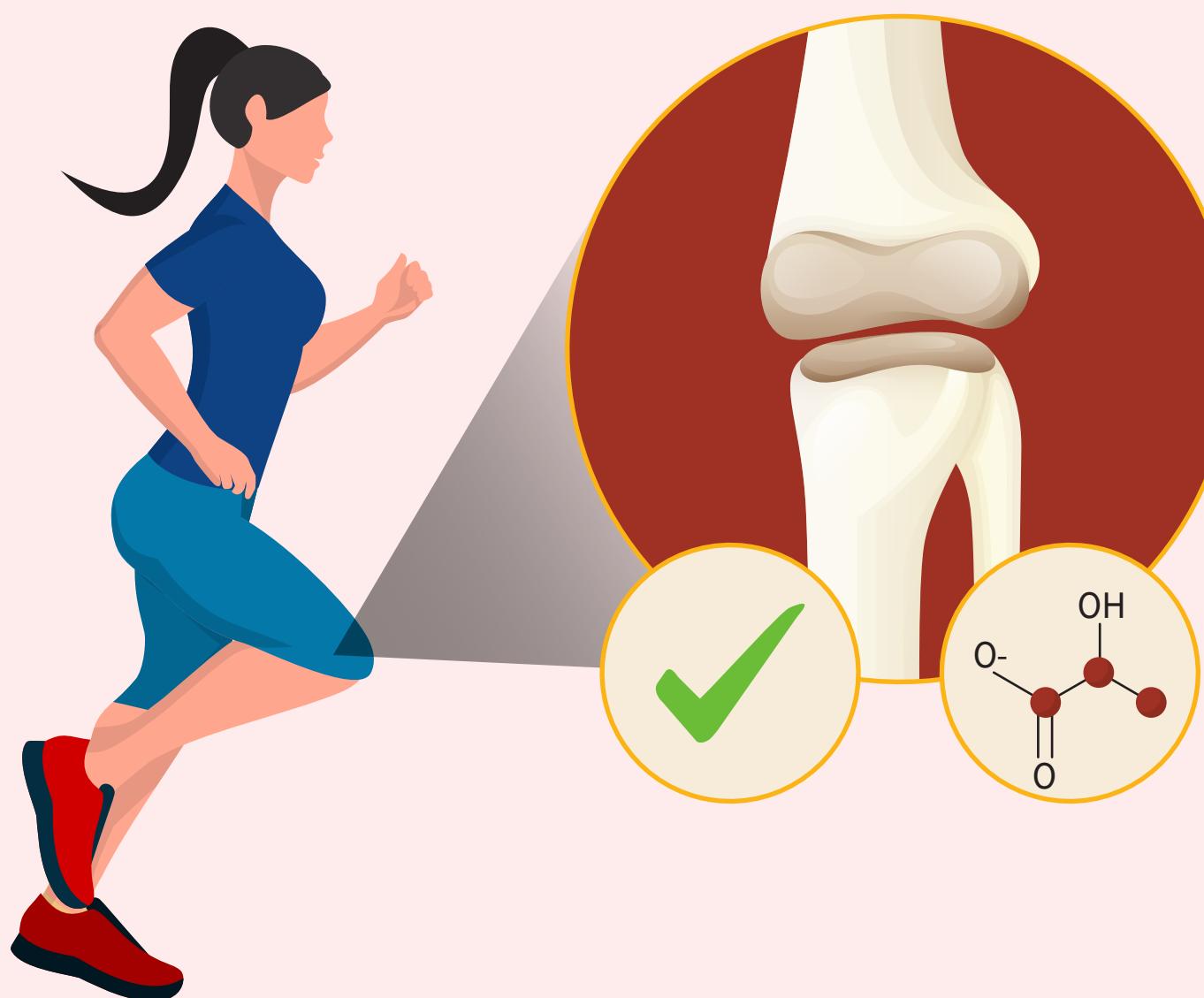
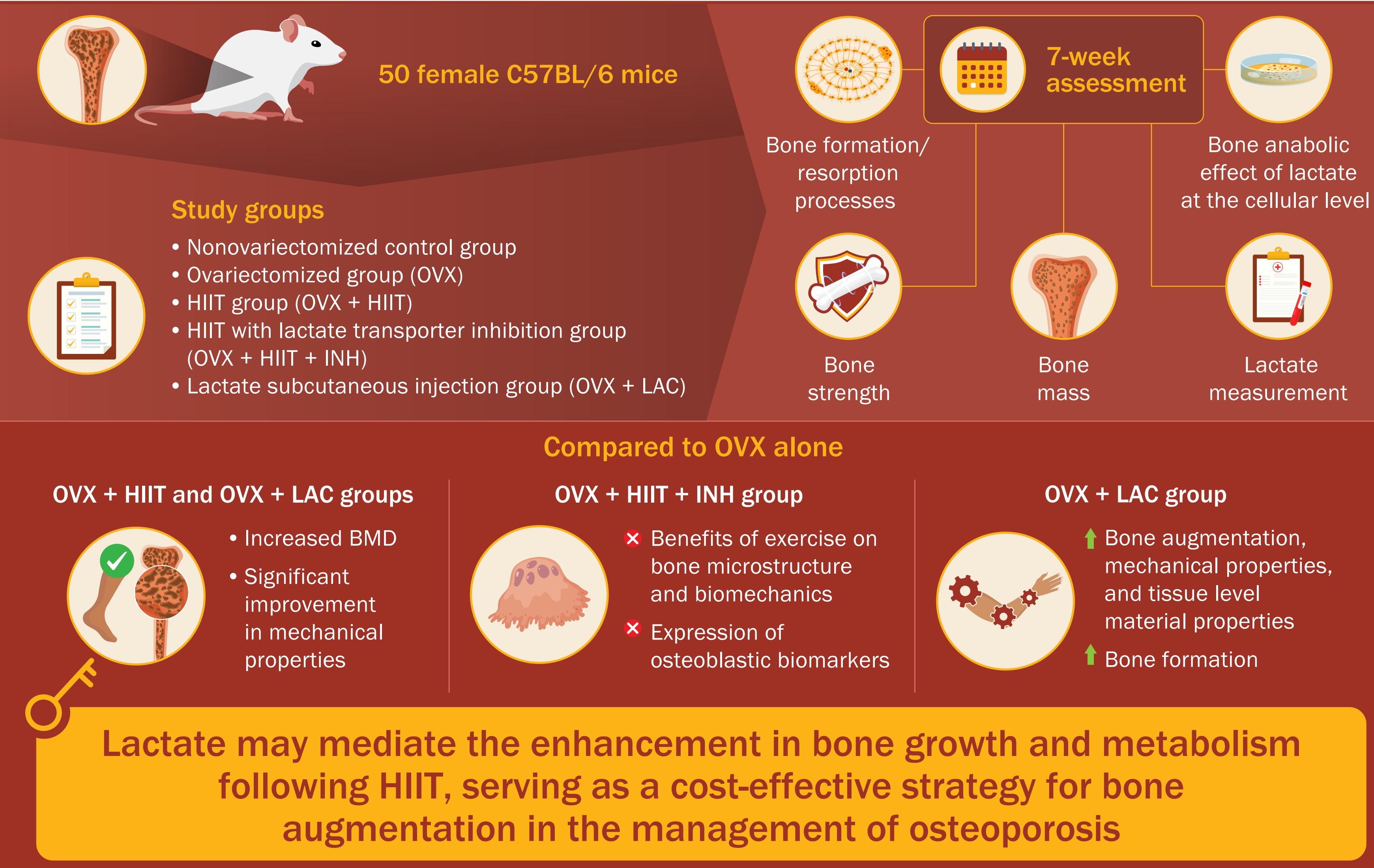
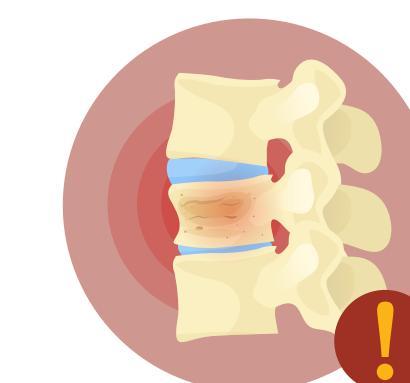


Role of Lactate in the Bone Anabolic Effect of High-Intensity Exercise

High-intensity interval training (HIIT) has been shown to improve bone metabolism, enhance bone mineral density (BMD), and release lactate into the bloodstream



However, older individuals who are more vulnerable to osteoporosis may not be suitable for HIIT



Lactate Mediates the Bone Anabolic Effect of High-Intensity Interval Training by Inducing Osteoblast Differentiation

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