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Research Article

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Validation of a wearable metabolic tracker (Breezing Pro™) for Resting Energy Expenditure (REE) measurement via Douglas bag method

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Background and aims: Resting Energy Expenditure (REE) is one of the most important metabolic parameters since it accounts for 60%-70% of total energy expenditure (TEE) in a typical population and 80%-90% in a sedentary one.

Accurate measurement of REE is essential for weight control, nutrition management, and disease treatment. Though metabolic carts, desktop metaboli ...

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Perspective Study

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Physical Literacy for life: the facts, the trends, and the effects

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As sedentary related cardiometabolic outcomes have increased worldwide for the past decades, stimulating a physically active lifestyle among younger populations is imperative. Physical education, as a key tool to develop physical literacy (PL), can reverse this global trend using different approaches. Observational and experimental research must be conducted to addres ...

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