

Exercise-induced capillary density ups insulin sensitivity

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(HealthDay)—Exercise training is associated with an increase in skeletal muscle capillary density (CD), which contributes to improvements in glucose metabolism, according to a study published online June 11 in *Diabetes*.

Steven J. Prior, Ph.D., from the University of Maryland School of Medicine in Baltimore, and colleagues examined whether increases in [skeletal muscle](#) CD contribute to exercise-induced improvements in whole-body insulin sensitivity (M/I). Twelve previously sedentary older men and women underwent six months of aerobic exercise training followed by a two-week detraining period.

The researchers found that exercise training correlated with significant

increases in [maximal oxygen uptake](#), CD, and M/I (all P

"These results suggest that an increase in CD is one mechanism contributing to sustained improvements in [glucose metabolism](#) after aerobic [exercise training](#)," the authors write.

More information: [Abstract](#)
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