

Self-management of health based on the action mechanism of daily behaviors such as food, exercise and sleep

Deciphering Molecular Mechanisms behind the Health Promotion by Exercise

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Summary :

Objective.

To obtain accumulative evidence that mechanical regulation underlies effects of physical exercise on health promotion

Specific Aims.

I. Optimize mechanical stimulation to the an antihypertensive intervention (animal experiments)

II. Uncover molecular mechanisms underlying anti-inflammatory effects of mechanical stress on cells (*in vitro* experiments using cultured cells)

