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Effects of hypoxic exercise training on microRNA expression and lipid metabolism in obese rat livers

Key words: Hypoxic training, Obese rat, Liver, MicroRNA, Lipid metabolism

Research Summary

This research mainly focused on the effects of hypoxic exercise training on miRNA expression and lipid metabolism in obese rat livers, and summarized the key roles hypoxic exercise training played in the following aspects:

- Lose body weight and body fat**
- Reduce serum lipid levels**
- Alter the expression levels of miRNAs**
- Regulate the mRNA transcription and protein translation of key enzymes involved in lipid metabolism**

Main results and conclusion

