

# QUELLEN

## BODY

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15. Functional strength training: Seated machine vs standing cable training to improve physical function in elderly Link: <https://pubmed.ncbi.nlm.nih.gov/27354031/>
16. Feasibility of a machine vs free weight strength training program and its effects on physical performance in nursing home residents: a pilot study Link: <https://pubmed.ncbi.nlm.nih.gov/28980220/>

### Das Training mit der Kettlebell – So gelingt der Einstieg

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## QUELLEN

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## Wie Zucker blind macht – Diabetes und seine Folgen

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## NUTRITION

### Ist eine Kalorie wirklich eine Kalorie? Warum die meisten Kalorien mit Brennwerten verwechseln und weshalb das problematisch ist

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## Mythenbarometer: Vitamin B12 Gibt es einen Unterschied zwischen natürlichem Vitamin B12 und Vitamin B12 als Nahrungsergänzung?

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## Gehirn der Zukunft: Wie verändert Technik unser Denken

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## Leistungsmotivation im Yoga – ein großes Missverständnis?

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## TRENDS

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