

Study: Daily exercise combats overeating

By **Huffington Post**

Daily exercise can mitigate the effects of overdoing it around the holidays, a small study suggests.

The Journal of Physiology study showed that people who exercise on a daily basis are less affected by the negative health effects of one week of overeating, such as poor blood sugar control and expression of genes by fat cells linked with metabolic changes.

“Our research demonstrates that a short period of overconsumption and reduced physical activity leads to very profound negative changes in a variety of physiological systems – but that a daily bout of exercise stops most of these negative changes from taking place,” study researcher Jean-Philippe Walhin, of the University of Bath, said in a statement.

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