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Article:

Beaulieu, K orcid.org/0000-0001-8926-6953, Hopkins, M orcid.org/0000-0002-7655-0215, Long, C et al. (2 more authors) (2017) High Habitual Physical Activity Improves Acute Energy Compensation in Nonobese Adults. *Medicine & Science in Sports & Exercise*, 49 (11). pp. 2268-2275. ISSN 0195-9131

<https://doi.org/10.1249/MSS.0000000000001368>

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Preliminary assessment

Meal day protocol (24-h energy intake & energy expenditure)

- Eating behaviour questionnaires
- RMR
- Body composition
- VO_{2max}
- 7-day physical activity

