



**POSITIVE EFFECT IN ADIPOSE TISSUE INFLAMMATION
BY STUDING MACROPHAGES INFILTRATION IN 30
YEARS AND 65 YEARS HEALTHY MEN AFTER CYCLING
3000 KILOMETRES IN 15 DAYS**

Bachelor Thesis

Biochemistry and Molecular Biology Degree

Universitat Rovira i Virgili

Tarragona - January 2022

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ABSTRACT

The aim of this study is to investigate how repeated excessive low intensity ($\pm 45\%$ of VO₂ max) exercise, biking 3000 kilometres in 15 days, affect the pro-inflammatory and anti-inflammatory macrophage content of gluteal and abdominal adipose tissue in two age groups of men. To achieve the aim of the study, gluteal and abdominal adipose tissue biopsies were taken from the different subjects before and after the exercise intervention and the number of macrophages was counted after immunostaining the samples with primary antibodies against CD163 and CD14. Concluding that repeated excessive low intensity exercise has positive effects in the inflammation profile of the adipose tissue.