Daily rhythms in muscle mitochondria
Effects of time-restricted feeding and exercise

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About the cover
Each of the 24 individual circles represents a variation of time-restricted feeding, the muscle clock or time-restricted exercise, which are the main research themes of this thesis. For each of these three main themes both variations that are deemed healthy and unhealthy are depicted. As timing of food intake, the muscle clock and timing of exercise are all related to each other they are alternatingly and in a repeating rhythm displayed. The cover is loosely inspired by the work of the artists Maurits Escher and Salvador Dali.

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