

Acute bout of resistance exercise increases vitamin D receptor protein expression in rat skeletal muscle

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New Findings

- **What is the central question of this study?**

Does an acute bout of exercise alter vitamin D receptor expression in rat skeletal muscle?

- **What is the main finding and its importance?**

Resistance exercise but not endurance exercise increased intramuscular vitamin D receptor expression. Thus, resistance exercise may be an effective way to increase muscle vitamin D receptor expression.