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8/10/2018 · Reviewed by Lynn Dillon,  
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textbook with ...

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the most populous city in the U.S. state of



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Minnesota and the seat of Hennepin County. With a population of 429,954 as of 2020, it is the 46th most populous city in the US. Seven counties encompassing

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**Minneapolis and its neighbor Saint Paul are known as the Twin Cities. In 2019, those counties are among sixteen making up the**

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Minneapolis–St ...

The ACSM's report, published as part of its  
American Fitness Index program, cited,

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among other things, the poor diet of residents, low levels of physical fitness, higher incidences of obesity, diabetes, and cardiovascular disease than the national

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average, low access to recreational facilities like swimming pools and baseball diamonds, the paucity of parks and low

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investment by the city in ...

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10/2/2018 · Consuming a diet that supplies

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ample carbohydrates and energy (calories)  
to match or exceed daily expenditures  
results in a gradual supercompensation of  
muscle glycogen stores over days and

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weeks, a response that can be further enhanced by dietary interventions (see Table 2). 33, 54–68 Improved physical fitness is an additional stimulus for

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enhanced muscle glycogen stores, helping  
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Concussion (SRC|Mild Traumatic Brain Injury) for the Team Physician: A Consensus Statement is title 22 in a series of annual consensus documents written for



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the practicing team physician. This document provides an overview of selected medical issues important to team physicians who are responsible for athletes with sports-

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related concussion (SRC).

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