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## LIST OF ABBREVIATIONS

<b>ACE</b>	Angiotensin Converting Enzyme
<b>ACSM</b>	American College Of Sports Medicine
<b>ACTH</b>	Adrenocorticotrophic Hormone
<b>AET</b>	<i>Aerobic (Endurance) Exercise Training</i>
<b>AHA</b>	American Heart Association
<b>AT</b>	Aerobic Training
<b>ATP</b>	Adenosine Triphosphate
<b>CARDIO</b>	Cardiological
<b>CBC</b>	Complete Blood Count
<b>CP</b>	Creatine Phosphate
<b>CRDS</b>	Cysteine Rich Domains
<b>CRP</b>	C-Reactive Protein
<b>CVD</b>	Cardiovascular Disease
<b>DHA</b>	Docosahexaenoic Acid
<b>DHEA</b>	Dehydroepiandrosterone
<b>DHEAS</b>	Dehydroepiandrosterone Sulfate
<b>DHHS</b>	Department Of Health And Human Services
<b>EPA</b>	Eicosapentaenoic Acid
<b>ESR</b>	Erythrocyte Sedimentation Rate
<b>EWGSOP</b>	European Working Group On Sarcopenia In Older People
<b>FADD</b>	Fas-Associated with Death Domain
<b>FLEX</b>	Flexibility
<b>GFR</b>	Glomerular Filtration Rate
<b>H<sub>2</sub>O<sub>2</sub></b>	<u>Hydrogen Peroxide</u>
<b>HB</b>	Haemoglobin
<b>HPA</b>	Hypothalamic-Pituitary-Adrenal
<b>HS-CRP</b>	High-Sensitivity CRP
<b>ICAM-1</b>	Intercellular Adhesion Molecule-1
<b>IFN</b>	Interferons
<b>IL-12</b>	Interleukin-12
<b>IL-1RA</b>	Il-1 Receptor Antagonist
<b>IL-6</b>	Interleukin-6
<b>INCHIANTI</b>	Invecchiare In Chianti, Aging In The Chianti Area
<b>LPS</b>	Lipopolysaccharide
<b>M-CSF</b>	Macrophage Colony-Stimulating Factor

<b>MDRD</b>	Modification Of Diet In Renal Diseases
<b>MPB</b>	Muscle Protein Breakdown
<b>MPS</b>	Muscle Protein Synthesis
<b>MQ</b>	Muscle Quality
<b>MSM</b>	Methyl Sulfonyl Methane
<b><u>MTDNA</u></b>	<u>Mitochondrial DNA</u>
<b>NF-KB</b>	Nuclear Factor <i>Kappa B</i> (Transcription Factor)
<b>NKC</b>	Natural Killer Cells
<b>NSAIDS</b>	Non Steroidal Anti-Inflammatory Drugs
<b>OPG</b>	Osteoprotegerin
<b>PA</b>	Physical Activity
<b>PGI2</b>	Prostaglandins 2
<b>PI</b>	Physically Inactive
<b>PLADS</b>	Pre-Ligand Assembly Domains
<b>RANKL</b>	Receptor activator of Nuclear Factor Kappa-B Ligand
<b>RBCS</b>	Red Blood Cell
<b>RBS</b>	Random Blood Sugar
<b>RET</b>	Resistance Exercise Training
<b>ROM</b>	Range Of Motion
<b>ROS</b>	<u>Reactive Oxygen Species</u>
<b>SAA</b>	Serum Amyloid A
<b>SAP</b>	Serum Amyloid P Component
<b>SD</b>	Standard Deviation
<b>SODD</b>	Silencer Of Death Domain
<b>TACE</b>	TNF Alpha Converting Enzyme
<b>THD</b>	TNF Homology Domain
<b>TNFRS</b>	TNF Receptors
<b>TNF-A</b>	Tumor Necrosis Factor-Alpha
<b>TRADD</b>	Tumor Necrosis Factor Receptor Type 1-Associated Death Domain Protein
<b>VCAM-1</b>	Vascular Cell Adhesion Molecule-1
<b>WBCS</b>	White Blood Cells