

Title	Outrunning a bad diet: Interactions between exercise and a Western-style diet for adolescent mental health, metabolism and microbes
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Highlights

- Sedentary lifestyle and poor dietary habits contribute to the development of mental health disorders in adolescence.
- Adolescent exercise mitigates negative effects of Western-style diets on glucocorticoid receptor expression and insulin resistance.
- Exercise during adolescence can partially recover Western-style diet-induced deficits in stress-coping strategies and cognitive flexibility in rodents.