



## RESOURCES

### Websites

Nobel prize in physiology or medicine for nitric oxide:  
<https://www.nobelprize.org/prizes/medicine/1998/7543-the-nobel-prize-in-physiology-or-medicine-1998/Tools>

### Scientific papers

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Fernández-Lázaro D, González-Bernal JJ, Sánchez-Serrano N, Navascués LJ, Ascaso-Del-Río A, Mielgo-Ayuso J. Physical Exercise as a Multimodal Tool for COVID-19: Could It Be Used as a Preventive Strategy? *Int J Environ Res Public Health*. 2020 Nov 17;17(22):8496. doi: 10.3390/ijerph17228496. PMID: 33212762; PMCID: PMC7697788.

Kobayashi J. Lifestyle-mediated nitric oxide boost to prevent SARS-CoV-2 infection: A perspective. *Nitric Oxide*. 2021 Oct 1;115:55-61. doi: 10.1016/j.niox.2021.08.001. Epub 2021 Aug 5. PMID: 34364972; PMCID: PMC8340570.

Martel J, Ko YF, Young JD, Ojcius DM. Could nasal nitric oxide help to mitigate the severity of COVID-19? *Microbes Infect*. 2020 May-Jun;22(4-5):168-171. doi: 10.1016/j.micinf.2020.05.002. Epub 2020 May 6. PMID: 32387333; PMCID: PMC7200356.

Okamoto T, Masuhara M, Ikuta K. Acute effects of self-myofascial release using a foam roller on arterial function. *J Strength Cond Res*. 2014 Jan;28(1):69-73. doi: 10.1519/JSC.0b013e31829480f5. PMID: 23575360.

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Weitzberg E, Lundberg JO. Humming greatly increases nasal nitric oxide. *Am J Respir Crit Care Med*. 2002 Jul 15;166(2):144-5. doi: 10.1164/rccm.200202-138BC. PMID: 12119224.