

## **How Important Are the Animal Models Studies in Understanding Obesity, the Relevance of the Physical Exercises or Exercise-Induced Muscle Enlargement?**

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### **Abstract**

Generating and studying animal models is a fundamental tool in understanding most of the human specific disorders. However, it is important to mention from the beginning that an animal model will never perfectly replicate the very complex human symptomatology. In the present report, our group will focus on revising the most important animal models studies in understanding obesity, the relevance of the physical exercises or exercise-induced muscle enlargement, by describing the most relevant models used in animals such as rats, dogs, cats, monkeys, birds or even zebrafish.

**Keywords:** physical exercising, animal models.