

CITATION REPORT

List of articles citing

**American College of Sports Medicine Position Stand.
The recommended quantity and quality of exercise for
developing and maintaining cardiorespiratory and
muscular fitness, and flexibility in healthy adults**

DOI: 10.1097/00005768-199806000-00032

Medicine and Science in Sports and Exercise, 1998, 30, 975-91

Source: <https://exaly.com/paper-pdf/29297602/citation-report.pdf>

Version: 2024-04-28

This report has been generated based on the citations recorded by exaly.com for the above article. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

#	Paper	IF	Citations
1280	Exercise against depression. 1998 , 26, 55-60		10
1279	Beyond the exercise prescription: making exercise a way of life. 1998 , 26, 35-6		
1278	Exercise and menopause: a time for positive changes. 1998 , 26, 45-50		9
1277	ACSM Report Stresses Strength Training for Seniors. 1998 , 26, 23-25		
1276	ACSM Makes Exercise Advice More Flexible. 1998 , 26, 16-17		
1275	Physical exercise and quality of life in postsurgical colorectal cancer patients. 1999 , 4, 181-187		47
1274	Physical activity, cardiometabolic health and older adults: recent findings. 1999 , 28, 315-23		9
1273	Exercise stress testing. An overview of current guidelines. 1999 , 27, 285-312		45
1272	Does the Theory of Planned Behavior Mediate the Relation Between Personality and Exercise Behavior?. 1999 , 21, 317-324		107
1271	Aerobic exercise and resting blood pressure in women: a meta-analytic review of controlled clinical trials. 1999 , 8, 787-803		26
1270	Nutrition and exercise in individuals with diabetes. 1999 , 18, 585-606, vii-viii		19
1269	Factors associated with exercise adherence among older adults. An individual perspective. 1999 , 28, 397-411		252
1268	Recommending Exercise to Healthy Older Adults. 1999 , 27, 42-62		7
1267	Exercise, an Active Lifestyle, and Obesity. 1999 , 27, 41-50		16
1266	Skeletal muscle function in COPD. 2000 , 117, 267S-71S		57
1265	Exercise and obesity. 2000 , 11, 111-6		34
1264	Effects of exercise on insulin resistance syndrome. 2000 , 11, 103-9		14

1263	The 2000 Dietary Guidelines for Americans: foundation of US nutrition policy. 2000 , 25, 241-248	3
1262	Type 2 DIABETES MELLITUS AND EXERCISE. 2000 , 3, 349-358	9
1261	Exercise adherence among older adults: challenges and strategies. 2000 , 21, 212S-7S	115
1260	The 2000 Dietary Guidelines for Americans: what are the changes and why were they made? The Dietary Guidelines Advisory Committee. 2000 , 100, 769-74	53
1259	Where do diets, exercise, and behavior modification fit in the treatment of obesity?. 2000 , 13, 187-92	4
1258	Exercise and physical activity: an analysis of answers to an open-ended survey question. 2000 , 45, 85-94	1
1257	Moderate intensity exercise training improves cardiorespiratory fitness in women. 2000 , 9, 65-73	20
1256	Exercise and diabetes control: a winning combination. 2000 , 28, 63-81	35
1255	Quadriceps muscle function in relation to habitual physical activity and VO2max in men and women aged more than 65 years. 2000 , 55, B481-8	20
1254	How much exercise is enough for the coronary patient?. 2000 , 3, 63-70	4
1253	The role of exercise in type II diabetes mellitus. 2000 , 3, 77-82	10
1252	Physical exercise reverses diet-induced increases in LDL-cholesterol and apo B levels in healthy ovo-lactovegetarian subjects. 2000 , 20, 1707-1714	5
1251	Determinants of bone density and prevalence of osteopenia among female runners in their second to seventh decades of age. 2000 , 26, 591-8	31
1250	Energy cost calculations for exercise prescription: an update. 2000 , 30, 17-22	67
1249	Use of the Surgeon Generals Report on Physical Activity and Health among CHES. 2000 , 31, 287-291	
1248	Physical Activity among Certified Health Education Specialists. 2000 , 31, 98-104	12
1247	Restricting opportunities to be active during school time: do children compensate by increasing physical activity levels after school?. 2000 , 71, 240-8	158
1246	Therapeutic and physical fitness exercise prescription for older adults with joint disease: an evidence-based approach. 2000 , 26, 617-46	37

1245	Exercise management of obesity. 2000 , 84, 419-40	27
1244	Physical activity and mental health: current concepts. 2000 , 29, 167-80	592
1243	Blood lipid and lipoprotein adaptations to exercise: a quantitative analysis. 2001 , 31, 1033-62	360
1242	The breath sound check and exercise at or about the ventilatory threshold. 2001 , 499, 369-74	1
1241	Effect of intense strength training on standing balance, walking speed, and sit-to-stand performance in older adults. 2001 , 56, M281-6	163
1240	Exercise as a modality in the treatment of childhood obesity. 2001 , 48, 995-1015	69
1239	Using the exercise test to create the exercise prescription. 2001 , 28, 137-58 ,vii	7
1238	Prescription of resistance training for healthy populations. 2001 , 31, 953-64	109
1237	Exercise prescription for the elderly: current recommendations. 2001 , 31, 809-18	150
1236	Potential health-related benefits of resistance training. 2001 , 33, 503-13	164
1235	Nutritional status of vegetarian and omnivorous adolescent girls. 2001 , 21, 689-702	6
1234	The effect of aerobic training on rehabilitation outcomes after recent severe brain injury: a randomized controlled evaluation. 2001 , 82, 174-82	114
1233	Physical activity and exercise training prescriptions for patients. 2001 , 19, 447-57	7
1232	The exercise test as a component of the total fitness evaluation. 2001 , 28, 119-35 ,vii	4
1231	Cardiovascular response during low-intensity step-aerobic dance in middle-aged subjects. 2001 , 1, 1-7	4
1230	Technology and Lifestyles: Challenges for Leisure Education in the New Millenium. 2001 , 43, 11-19	12
1229	Aerobic exercise and resting blood pressure in older adults: a meta-analytic review of randomized controlled trials. 2001 , 56, M298-303	74
1228	Fibromyalgia and Exercise Training: A Systematic Review of Randomized Clinical Trials. 2001 , 6, 287-306	19

1227	Is sport for all? Exercise and physical activity patterns in early and late middle age in the West of Scotland. 2001 , 101, 151-158	16
1226	Analysis of Peak Oxygen Consumption and Heart Rate during Elliptical and Treadmill Exercise. 2001 , 10, 48-56	7
1225	Can Exercise Gadgets Motivate Patients?. 2001 , 29, 15-18	3
1224	Weight Training: The Missing Component. 2001 , 14, 18-22	
1223	Exercise for patients with fibromyalgia: risks versus benefits. 2001 , 3, 135-46	52
1222	Exercise in the treatment of osteoarthritis. 2001 , 3, 520-3	13
1221	Effects of two frequencies of walking on cardiovascular risk factor reduction in Mexican American women. 2001 , 24, 390-401	42
1220	Backward walking practice decreases oxygen uptake, heart rate and ratings of perceived exertion. 2001 , 2, 171-177	6
1219	The effects of resistance exercise on skeletal muscle abnormalities in patients with advanced heart failure. 2001 , 16, 142-51	7
1218	Fatigue and quality of life outcomes of exercise during cancer treatment. 2001 , 9, 119-27	359
1217	SENIOR CISE : A PRINT EXERCISE INTERVENTION FOR OLDER ADULTS. 2001 , 27, 717-728	12
1216	Heart rate responses and oxygen consumption during Tai Chi Chuan practice. 2001 , 29, 403-10	52
1215	Effects of whey protein and resistance exercise on body cell mass, muscle strength, and quality of life in women with HIV. 2001 , 15, 2431-40	68
1214	Nutrition in the era of highly active antiretroviral therapy. 2001 , 32, 1769-75	37
1213	Effect of Adding Biofeedback to Pelvic Floor Muscle Training to Treat Urodynamic Stress Incontinence. 2002 , 100, 730-739	4
1212	Survival of the fittest--more evidence. 2002 , 346, 852-4	38
1211	The epidemiology of U.S. adults who regularly engage in resistance training. 2002 , 73, 330-4	18
1210	A comparison of physiological responses and rating of perceived exertion in two modes of aerobic exercise in men and women over 50 years of age. 2002 , 36, 276-80; discussion 281	21

1209	Exercise comes of age: rationale and recommendations for a geriatric exercise prescription. 2002 , 57, M262-82	282
1208	Is brisk walking an adequate aerobic training stimulus for cardiac patients?. 2002 , 122, 1852-6	21
1207	Performance and physiologic adaptations to resistance training. 2002 , 81, S3-16	170
1206	Physical activity and exercise: Recent advances and current challenges.. 2002 , 70, 526-536	74
1205	Relationship between maximum acceptable work time and physical workload. 2002 , 45, 280-9	112
1204	Using ratings of perceived exertion to reproduce blood lactate levels during a continuous exercise bout of varying intensities. 2002 , 2, 1-11	
1203	An evaluation of physical fitness parameters for graduate students. 2002 , 51, 32-7	3
1202	Examining the Psychometric Properties of the Behavioral Regulation in Exercise Questionnaire. 2002 , 6, 1-21	98
1201	Speed and exercise intensity of recreational walkers. 2002 , 35, 397-400	83
1200	Comparison of short- and long-term outcomes for aggressive spine rehabilitation delivered two versus three times per week. 2002 , 2, 402-7	35
1199	Tai Chi Chuan: an ancient wisdom on exercise and health promotion. 2002 , 32, 217-24	126
1198	Effects of Recumbent Stepper Exercise on Blood Pressure, Strength and Mobility in Residents of Assisted Living Communities: A Pilot Study. 2002 , 21, 27-40	2
1197	Change Your Body [Change Your Mind. 2002 , 15, 30-35	1
1196	Extending the theory of planned behavior in the exercise domain: a comparison of social support and subjective norm. 2002 , 73, 193-9	72
1195	Cross-validation of the revised motivation for physical activity measure in active women. 2002 , 73, 471-7	15
1194	Effectiveness of a home-based exercise intervention for HIV-infected adults: a randomized trial. 2002 , 13, 33-45	55
1193	Combined aerobic and resistance exercise improves glycemic control and fitness in type 2 diabetes. 2002 , 56, 115-23	211
1192	OBESITY : A MODERN DAY PLAGUE. 2002 , 58, 60-5	1

1191	Individualizing the exercise prescription for persons with fibromyalgia. 2002 , 28, 419-36, x-xi	41
1190	Effect of a multimodality natural medicine program on carotid atherosclerosis in older subjects: a pilot trial of Maharishi Vedic Medicine. 2002 , 89, 952-8	52
1189	Establishing an effective framework for physical activity counseling in primary care settings. 2002 , 5, 95-102	7
1188	Effects of low volume resistance and cardiovascular training on strength and aerobic capacity in unfit men and women: a demonstration of a threshold model. 2003 , 26, 183-95	11
1187	Effects of daily activity recorded by pedometer on peak oxygen consumption (VO ₂ peak), ventilatory threshold and leg extension power in 30- to 69-year-old Japanese without exercise habit. 2003 , 90, 109-13	27
1186	Effect of order of exercise intensity upon cardiorespiratory, metabolic, and perceptual responses during exercise of mixed intensity. 2003 , 90, 569-74	8
1185	Impact of a physical activity program emphasizing cardiovascular fitness, muscle strength, and flexibility among middle-aged women. 2003 , 35, 215-6	1
1184	Physical exercise in fibromyalgia and related syndromes. 2003 , 17, 629-47	81
1183	Transabdominal ultrasound measurement of pelvic floor muscle activity when activated directly or via a transversus abdominis muscle contraction. 2003 , 22, 582-8	108
1182	Evidence for the benefit of aerobic and strengthening exercise in rheumatoid arthritis. 2003 , 49, 428-34	166
1181	The feasibility of performing resistance exercise with acutely ill hospitalized older adults. 2003 , 3, 3	40
1180	[Aerobic endurance training for cancer patients]. 2003 , 153, 212-6	15
1179	Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. 2003 , 37, 6-12; discussion 12	388
1178	A framework for understanding the training process leading to elite performance. 2003 , 33, 1103-26	204
1177	Heart rate monitoring: applications and limitations. 2003 , 33, 517-38	560
1176	APOE polymorphism and lipid profile in three ethnic groups in the Singapore population. 2003 , 170, 253-60	74
1175	New insights on the threshold intensity for improving cardiorespiratory fitness. 2003 , 6, 118-21	11
1174	Physical activity and social status in adolescence as predictors of physical inactivity in adulthood. 2003 , 37, 375-81	105

1173	Study on lifestyle-intervention and impaired glucose tolerance Maastricht (SLIM): design and screening results. 2003 , 61, 49-58	47
1172	Weight control and the management of obesity after menopause: the role of physical activity. 2003 , 44, 89-101	55
1171	Participation in physical activity by persons living with HIV disease. 2003 , 14, 59-70	26
1170	Inspiratory pressure threshold training for upper airway limitation: a case of bilateral abductor vocal fold paralysis. 2003 , 17, 384-94	24
1169	Maintaining exercise involvement: the role of learned resourcefulness in process of change use. 2003 , 4, 237-253	12
1168	Technology's influence on physical activity and exercise science: the present and the future. 2003 , 4, 57-65	35
1167	Preferred exercise mode and affective responses in physically active adults. 2003 , 4, 347-356	40
1166	Cancer-related fatigue: can exercise physiology assist oncologists?. 2003 , 4, 616-25	185
1165	Is There Still a Place for Physiotherapy in the Treatment of Female Incontinence?. 2003 , 1, 145-153	15
1164	Ejercicio físico y obesidad. 2003 , 10, 667	
1163	Adherence to structured physical exercise in overweight and obese subjects: a review of psychological models. 2003 , 8, 1-11	20
1162	Variaciones antropométricas y de fuerza entre personas de 50 a 70 años practicantes de atletismo y gimnasia de mantenimiento. 2003 , 38, 79-85	0
1161	The exercise-induced growth hormone response in athletes. 2003 , 33, 599-613	177
1160	Movement velocity in resistance training. 2003 , 33, 427-38	60
1159	A functional assessment methodology for alcohol dependent patients undergoing rehabilitative treatments. 2003 , 25, 1224-30	6
1158	Limits to the measurement of habitual physical activity by questionnaires. 2003 , 37, 197-206; discussion 206	1015
1157	Battling insulin resistance in elderly obese people with type 2 diabetes: bring on the heavy weights. 2003 , 26, 1580-8	112
1156	Effects of a cognitive behavioral treatment package on exercise attendance and drop out in fitness centers. 2003 , 3, 1-16	31

1155	Sit-to-stand performance of older adults following strength training. 2003 , 74, 1-8	33
1154	Use of heart rate reserve and rating of perceived exertion to prescribe exercise intensity in diabetic autonomic neuropathy. 2003 , 26, 986-90	70
1153	Increased serum soluble transferrin receptor concentration detects subclinical iron deficiency in healthy adolescent girls. 2003 , 41, 203-8	7
1152	Effects of cardiovascular exercise frequency and duration on depression and tension changes Over 10 weeks. 2003 , 3, 1-12	31
1151	Acute impact of submaximal resistance exercise on immunological and hormonal parameters in young men. 2003 , 21, 1001-8	22
1150	Impact of aerobic exercise training on age-related changes in insulin sensitivity and muscle oxidative capacity. 2003 , 52, 1888-96	471
1149	Virtual Reality Serves as a Support Technology in Cardiopulmonary Exercise Testing. 2003 , 12, 326-331	18
1148	Getting patients moving: is activity promotion paying off?. 2003 , 31, 19-46	
1147	Aerobic exercise and endurance: improving fitness for health benefits. 2003 , 31, 45-51	13
1146	The effect of comprehensive group training on cross-sectional area, density, and strength of paraspinal muscles in patients sick-listed for subacute low back pain. 2003 , 16, 271-9	52
1145	Single Set Strength Training Increases Strength, Endurance and Functional Fitness in Community Living Older Adults. 2003 , 27, 1-18	2
1144	Effect of exercise and strength training on cardiovascular status in HIV-infected patients receiving highly active antiretroviral therapy. 2003 , 17 Suppl 1, S123-9	28
1143	The effectiveness of worksite physical activity programs on physical activity, physical fitness, and health. 2003 , 13, 106-17	256
1142	Hit the dyspnea target!. 2003 , 23, 226-7	2
1141	Questioning the use of heart rate and dyspnea in the prescription of exercise in subjects with chronic obstructive pulmonary disease. 2003 , 23, 228-34	5
1140	Exercise treatment to counteract protein wasting of chronic diseases. 2003 , 6, 87-93	76
1139	APPLICATION OF HEART RATE AT LACTATE THRESHOLD TO KARVONEN'S FORMULA IN CASES OF MULTIPLE RISK FACTORS. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2003 , 52, 141-147	0.1 4
1138	Fitness levels of middle aged martial art practitioners. 2004 , 38, 143-7; discussion 147	29

1137	Physical activity participation of female students: Prevalence and change during the first academic year. 2004 , 42, 83-90	
1136	Effect of exercise versus relaxation on haemoglobin A1C in Black females with type 2 diabetes mellitus. 2004 , 97, 343-51	30
1135	The efficacy of a treatment program focusing on specific stabilizing exercises for pelvic girdle pain after pregnancy: a two-year follow-up of a randomized clinical trial. 2004 , 29, E197-203	152
1134	Relative exercise intensity of Tai Chi Chuan is similar in different ages and gender. 2004 , 32, 151-60	46
1133	A Comparison of Accelerometers for Predicting Energy Expenditure and Vertical Ground Reaction Force in School-Age Children. 2004 , 8, 119-144	19
1132	Effects of increased training load on vagal-related indexes of heart rate variability: a novel sleep approach. 2004 , 287, H2813-8	75
1131	Changes in multiple health outcomes at 12 and 24 weeks resulting from 12 weeks of exercise counseling with or without dietary counseling in obese adults. 2004 , 20, 849-56	33
1130	Agreement between a brief mailed screener and an in-depth telephone survey: observations from the Fresh Start study. 2004 , 104, 1593-6	20
1129	Results of cardiac rehabilitation in patients with diabetes mellitus. 2004 , 93, 81-4	54
1128	Exercise motivation and adherence in cancer survivors after participation in a randomized controlled trial: an attribution theory perspective. 2004 , 11, 8-17	33
1127	Measurement and prediction of energy expenditure in males during household and garden tasks. 2004 , 91, 61-70	34
1126	Plasma adiponectin response to acute exercise in healthy subjects. 2004 , 91, 324-9	104
1125	Effect of concurrent aerobic and resistance circuit exercise training on fitness in older adults. 2004 , 93, 173-82	78
1124	Walking velocity measured over 5 m as a basis of exercise prescription for the elderly: preliminary data from the Nakanojo Study. 2004 , 93, 217-23	22
1123	Pelvic floor muscle training is effective in treatment of female stress urinary incontinence, but how does it work?. 2004 , 15, 76-84	292
1122	Frequent mental distress status among adults with arthritis age 45 years and older, 2001. 2004 , 51, 533-7	22
1121	Age responses to multicomponent training programme in older adults. 2004 , 26, 448-54	26
1120	Why Not Exercise?. 2004 , 56, 208-225	2

1119	Weight management through lifestyle modification for the prevention and management of type 2 diabetes: rationale and strategies: a statement of the American Diabetes Association, the North American Association for the Study of Obesity, and the American Society for Clinical Nutrition. 2004, 27, 2067-73	362
1118	Reliability and validity of measures taken during the Chester step test to predict aerobic power and to prescribe aerobic exercise. 2004, 38, 197-205	95
1117	Golf: a high intensity interval activity for elderly men. 2004, 16, 375-81	25
1116	Aerobic exercise and lipids and lipoproteins in women: a meta-analysis of randomized controlled trials. 2004, 13, 1148-64	115
1115	Strength and endurance training of an individual with left upper and lower limb amputations. 2004, 26, 495-9	15
1114	The Seven-Sequence Intervention: Sedentary Adults on Their Way to Fitness and Health. 2004, 12, 265-282	9
1113	Effect of Power-Type Strength Training on Lumbar Extension and Flexion Velocity. 2004, 12, 95-113	
1112	Implications of exercise training in mtDNA defects--use it or lose it?. 2004, 1659, 221-31	41
1111	Urinary incontinence, pelvic floor dysfunction, exercise and sport. 2004, 34, 451-64	186
1110	Endurance and strength training for soccer players: physiological considerations. 2004, 34, 165-80	191
1109	Exercise for health for early postmenopausal women: a systematic review of randomised controlled trials. 2004, 34, 753-78	230
1108	Exercise and aging. 2004, 20, 201-21	56
1107	Physical activity/exercise and type 2 diabetes. 2004, 27, 2518-39	513
1106	Self-efficacy and the stages and processes of change associated with adopting and maintaining muscular fitness-promoting behaviors. 2004, 75, 186-96	41
1105	[Physical activity as a therapeutic tool in type 2 diabetes: the rationale]. 2004, 65, S44-51	1
1104	Ejercicio físico: terapia no tradicional para personas con cáncer. 2004, 38, 86-91	
1103	Direct observation of physician counseling on dietary habits and exercise: patient, physician, and office correlates. 2004, 38, 198-202	67
1102	Characteristics of people aged 45 years or older with heart disease by frequent mental distress status, 2001. 2004, 39, 191-6	19

1101	Leisure-time physical activity in university students from 23 countries: associations with health beliefs, risk awareness, and national economic development. 2004 , 39, 182-90	223
1100	High intensity physical group training in water--an effective training modality for patients with COPD. 2004 , 98, 428-38	67
1099	Improvement in relaxation response in corpus cavernosum from trained rats. 2004 , 63, 1004-8	21
1098	Reliability and validity testing of the short self-efficacy and outcome expectation for exercise scales in stroke survivors. 2004 , 13, 214-9	27
1097	Eight weeks of moderate-intensity exercise training increases heart rate variability in sedentary postmenopausal women. 2004 , 147, e21	101
1096	Functional tasks exercise versus resistance exercise to improve daily function in older women: a feasibility study. 2004 , 85, 1952-61	59
1095	Physical activity and markers of inflammation and thrombosis related to coronary heart disease. 2004 , 7, 190-4	12
1094	Systematic review of progressive resistance strength training in older adults. 2004 , 59, 48-61	344
1093	America's obesity epidemic: measuring physical activity to promote an active lifestyle. 2004 , 104, 1398-409	56
1092	The efficacy of a treatment program focusing on specific stabilizing exercises for pelvic girdle pain after pregnancy: a randomized controlled trial. 2004 , 29, 351-9	281
1091	A new nonexercise-based VO ₂ (max) equation for aerobically trained females. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 1804-10	1.2 30
1090	Exercise prescription using resting heart rate plus 20 or perceived exertion in cardiac rehabilitation. 2004 , 24, 178-84; quiz 185-6	26
1089	Comparison of the energy expenditure index and oxygen consumption index during self-paced walking in children with spastic diplegia cerebral palsy and children without physical disabilities. 2004 , 16, 206-11	37
1088	Exercise in Older Individuals With Cancer. 2004 , 20, 81-97	1
1087	Effects of an 8-week multimodal exercise program on strength, flexibility, and golf performance in 55- to 79-year-old men. 2004 , 12, 144-56	46
1086	Exercises for women receiving adjuvant therapy for breast cancer. 2004 ,	6
1085	Effects of multicomponent training on functional fitness in older adults. 2004 , 12, 538-53	55
1084	The Role of Diet, Physical Activity and Body Composition in Cancer Prevention. 2005 , 25-59	

1083	Physical activity levels in young adult Hispanics and Whites: Social cognitive theory determinants. 2005 , 20, 709-727	4
1082	Self-determination and functional persuasion to encourage physical activity. 2005 , 20, 691-708	15
1081	Moving forward in fall prevention: an intervention to improve balance among older adults in real-world settings. 2005 , 95, 2049-56	38
1080	Lower urinary tract symptoms and pelvic floor muscle exercise adherence after 15 years. 2005 , 105, 999-1005	106
1079	Strength training and aerobic exercise training for muscle disease. 2005 , CD003907	44
1078	The PA as exercise advocate. 2005 , 18, 24-29	
1077	Prolonged electrical muscle stimulation exercise improves strength and aerobic capacity in healthy sedentary adults. 2005 , 99, 2307-11	61
1076	Preservation of upper limb function following spinal cord injury: a clinical practice guideline for health-care professionals. 2005 , 28, 434-70	190
1075	Intratester Reliability for Determining an 8-Repetition Maximum for 3 Shoulder Exercises Using Elastic Bands. 2005 , 14, 35-47	14
1074	Anabolic responses to resistance training in older men and women: a brief review. 2005 , 13, 343-58	24
1073	Aerobic exercise, lipids and lipoproteins in overweight and obese adults: a meta-analysis of randomized controlled trials. 2005 , 29, 881-93	112
1072	Few differences found in the typical eating and physical activity habits of lower-level and upper-level university students. 2005 , 105, 798-801	79
1071	Leisure-time physical activity at midlife and the risk of dementia and Alzheimer's disease. 2005 , 4, 705-11	722
1070	Review and critique of the quality of exercise recommendations for cancer patients and survivors. 2005 , 13, 493-502	43
1069	The energy cost of household and garden activities in 55- to 65-year-old males. 2005 , 94, 476-86	29
1068	The validity of predicting maximal oxygen uptake from a perceptually-regulated graded exercise test. 2005 , 94, 221-7	83
1067	Welke oefentherapie bij neuromusculaire aandoeningen?. 2005 , 24, 103-107	
1066	Physiological responses to single versus double stepping pattern of ascending the stairs. 2005 , 24, 253-7	10

1065	Skeletal muscle size and circulating IGF-1 are increased after two weeks of twice daily resistance training. 2005 , 1, 6-12	160
1064	Reducing plasma HIV RNA improves muscle amino acid metabolism. 2005 , 288, E278-84	27
1063	The obligatory exerciser: assessing an overcommitment to exercise. 2005 , 33, 13-23	18
1062	Effective training for patients with intermittent claudication. 2005 , 39, 244-9	54
1061	A single session of resistance exercise does not reduce postprandial lipaemia. 2005 , 23, 251-60	30
1060	Experiences of women in a minimal contact pedometer-based intervention: a qualitative study. 2005 , 41, 97-116	52
1059	The Evolution of Physical Activity Recommendations: What Should I Tell My Patients?. 2005 , 1, 231-233	
1058	Endothelial function of young healthy males following whole body resistance training. 2005 , 98, 2185-90	117
1057	A meta-analysis of college students' physical activity behaviors. 2005 , 54, 116-25	335
1056	Skeletal muscle phenotype is associated with exercise tolerance in patients with peripheral arterial disease. 2005 , 41, 802-7	100
1055	Complete recovery time after exhaustion in high-intensity work. 2005 , 48, 668-79	10
1054	Strength inhibition following an acute stretch is not limited to novice stretchers. 2005 , 76, 500-6	22
1053	Reliability of heart rate responses at given ratings of perceived exertion in cycling and walking. 2005 , 76, 433-9	2
1052	College students' motivation for physical activity: differentiating men's and women's motives for sport participation and exercise. 2005 , 54, 87-94	360
1051	Menstrual-related problems and psychological distress among women in the United States. 2005 , 14, 316-23	92
1050	Are Wellness/Fitness Programs Benefiting Participants' Movement and Mobility in Daily Life?. 2005 , 57, 162-170	3
1049	Validation and modification of the Scottish Physical Activity Questionnaire for use in a female student population. 2005 , 43, 117-124	2
1048	Characteristics of physical activities in daily life in chronic obstructive pulmonary disease. 2005 , 171, 972-7	882

1047	Moderate or vigorous intensity exercise: which is better for improving aerobic fitness?. 2005 , 8, 55-8	54
1046	Exercise training is not associated with improved levels of C-reactive protein or adiponectin. 2005 , 54, 533-41	167
1045	Resistance training for chronic heart failure patients on beta blocker medications. 2005 , 102, 493-9	45
1044	The effects of 60 minutes of brisk walking per week, accumulated in two different patterns, on cardiovascular risk. 2005 , 41, 92-7	46
1043	Exercise causality orientations, behavioural regulation for exercise and stage of change for exercise: exploring their relationships. 2005 , 6, 399-414	37
1042	The impact of severe acute respiratory syndrome on the physical profile and quality of life. 2005 , 86, 1134-40	58
1041	Activity monitoring for assessment of physical activities in daily life in patients with chronic obstructive pulmonary disease. 2005 , 86, 1979-85	170
1040	A systematic review of the outcomes of cardiovascular exercise programs for people with Down syndrome. 2005 , 86, 2051-8	69
1039	[Improvement of physical fitness as anti-aging intervention]. 2005 , 124, 146-55	25
1038	The effect of motivational music on sub-maximal exercise. 2005 , 5, 97-106	44
1037	Effects of physical conditioning on children and adolescents with asthma. 2005 , 35, 127-41	77
1036	Physiological aspects of surfboard riding performance. 2005 , 35, 55-70	92
1035	Pulmonary rehabilitation in chronic obstructive pulmonary disease. 2005 , 172, 19-38	393
1034	Review of exercise intervention studies in cancer patients. 2005 , 23, 899-909	426
1033	Exercise training in obese children and adolescents: current concepts. 2005 , 35, 375-92	140
1032	Treatment of AIDS Anorexia-Cachexia Syndrome and Lipodystrophy. 2006 , 429-456	1
1031	Exercise or other physical activity for preventing pre-eclampsia and its complications. <i>The Cochrane Library</i> , 2006 , CD005942	5.2 46
1030	Grip Strength in Relation to Overall Strength and Functional Capacity in Very Old and Oldest Old Females. 2006 , 24, 63-78	17

1029	Predictors of perceived risk for colon cancer in a national probability sample in the United States. 2006 , 11 Suppl 1, 71-92	45
1028	A six-month, supervised, aerobic and resistance exercise program improves self-efficacy in people with human immunodeficiency virus: a randomised controlled trial. 2006 , 52, 185-90	109
1027	Aerobic exercise and HDL2-C: a meta-analysis of randomized controlled trials. 2006 , 184, 207-15	66
1026	Exercise capacity before and after an 8-week multidisciplinary inpatient rehabilitation program in lung cancer patients: a pilot study. 2006 , 52, 257-60	141
1025	Body composition and metabolic effects of a diet and exercise weight loss regimen on obese, HIV-infected women. 2006 , 55, 1327-36	80
1024	Effects of aerobic exercise on C-reactive protein, body composition, and maximum oxygen consumption in adults: a meta-analysis of randomized controlled trials. 2006 , 55, 1500-7	91
1023	The association of physical deconditioning and chronic low back pain: a hypothesis-oriented systematic review. 2006 , 28, 673-93	101
1022	Nutritional aspects of women strength athletes. 2006 , 40, 742-8	23
1021	Validity and Reliability of the International Physical Activity Questionnaire in College Students. 2006 , 37, 337-343	87
1020	Longitudinal and secular trends in physical activity and sedentary behavior during adolescence. 2006 , 118, e1627-34	333
1019	Does exercise have an acute effect on desire to smoke, mood and withdrawal symptoms in abstaining adolescent smokers?. 2006 , 31, 1547-58	23
1018	Increased cardiovascular risk associated with diabetes in Dallas County. 2006 , 151, 1087-93	6
1017	Effect of protein supplementation during a 6-month strength and conditioning program on areal and volumetric bone parameters. 2006 , 38, 898-904	21
1016	Mechanical horseback riding improves insulin sensitivity in elder diabetic patients. 2006 , 71, 124-30	32
1015	Aerobic exercise and lipids and lipoproteins in men: a meta-analysis of randomized controlled trials. 2006 , 3, 61-70	67
1014	A systems model of training for patients in phase 2 cardiac rehabilitation. 2006 , 109, 257-63	5
1013	Two different training programmes for patients with COPD: a randomised study with 1-year follow-up. 2006 , 100, 130-9	29
1012	Validation of the intensity of walking for pleasure in obese adults. 2006 , 42, 47-50	49

1011	Growth Hormone and Insulin-like Growth Factor-I and Cellular Regeneration in the Adult Brain. 2006 , 125-145	0
1010	Alterations in Heart Rate, Blood Lactate Accumulation and Perceived Exertion at Lactate Threshold as a Consequence of Exercise Training in the Elderly. 2006 , 4, 536-543	1
1009	LONG-TERM EFFECTS OF LIFESTYLE PHYSICAL ACTIVITY INTERVENTION AND STRUCTURED EXERCISE INTERVENTION. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2006 , 55, 229-236	0.1 4
1008	Definitions of sedentary in physical-activity-intervention trials: a summary of the literature. 2006 , 14, 456-77	38
1007	Bioenergetics and Systemic Responses to Exercise. 2006 ,	
1006	Hypertension artfielle et sport. 2006 , 1, 1-4	
1005	Cardiovascular disease: strategies for risk assessment and modification. 2006 , 21, S20-42; quiz S43-5	7
1004	Quality of Life Issues During the Menopause Transition. 2006 , 30, 6-12	2
1003	Time under tension and blood lactate response during four different resistance training methods. 2006 , 25, 339-44	44
1002	Effectiveness of an upper extremity exercise device integrated with computer gaming for aerobic training in adolescents with spinal cord dysfunction. 2006 , 29, 363-70	47
1001	Self-guided brisk walking training with or without poles: a randomized-controlled trial in middle-aged women. 2007 , 17, 316-23	39
1000	Performance diagnostics in handbiking during competition. 2006 , 44, 211-6	33
999	Six-month effects of the Groningen active living model (GALM) on physical activity, health and fitness outcomes in sedentary and underactive older adults aged 55-65. 2006 , 62, 132-41	29
998	Effect of psychological intervention on exercise adherence in type 2 diabetic subjects. 2006 , 1084, 350-60	14
997	Factors affecting outdoor exposure in winter: population-based study. 2006 , 51, 27-36	44
996	High versus low training frequency in cardiac rehabilitation using a systems model of training. 2006 , 96, 217-24	2
995	Individual differences in the responses to endurance and resistance training. 2006 , 96, 535-42	93
994	Cardiac vagal outflow after aerobic training by analysis of high-frequency oscillation of the R-R interval. 2006 , 96, 686-92	38

993	Adaptations to endurance training in the healthy elderly: arm cranking versus leg cycling. 2006 , 97, 723-31	44
992	Effect of equitation training on health and physical fitness of college females. 2006 , 98, 177-84	27
991	Effect of single-leg resistance exercise on regional arterial stiffness. 2006 , 98, 185-90	71
990	Fitness levels of Greek primary schoolchildren in relationship to overweight and obesity. 2006 , 165, 867-74	72
989	Sarcopenia in premenopausal and postmenopausal women with osteopenia, osteoporosis and normal bone mineral density. 2006 , 17, 61-7	167
988	Improvements in glucose tolerance and insulin sensitivity after lifestyle intervention are related to changes in serum fatty acid profile and desaturase activities: the SLIM study. 2006 , 49, 2392-401	102
987	Exercise, fitness, and cardiovascular disease risk in type 2 diabetes and the metabolic syndrome. 2006 , 6, 29-35	45
986	Consumption of whole-grain cereals during weight loss: effects on dietary quality, dietary fiber, magnesium, vitamin B-6, and obesity. 2006 , 106, 1380-8; quiz 1389-90	79
985	The effect of a worksite based walking programme on cardiovascular risk in previously sedentary civil servants [NCT00284479]. 2006 , 6, 136	65
984	Trends in physical activity and inactivity amongst US 14-18 year olds by gender, school grade and race, 1993-2003: evidence from the youth risk behavior survey. 2006 , 6, 57	51
983	Active rehabilitation for chronic low back pain: cognitive-behavioral, physical, or both? First direct post-treatment results from a randomized controlled trial [ISRCTN22714229]. 2006 , 7, 5	153
982	Aged men experience disturbances in recovery following submaximal exercise. 2006 , 61, 63-71	16
981	Aerobic-anaerobic profiles, heart rate and match analysis in old basketball players. 2006 , 52, 214-22	21
980	Psychological and physical activity training for older persons: who does not attend?. 2006 , 52, 366-75	14
979	Influences on long-term exercise adherence in older patients with cardiac disease. 2006 , 13, 543-550	7
978	Prescribing exercise as preventive therapy. <i>Cmaj</i> , 2006 , 174, 961-74	3,5 227
977	Osteoporosis: recommendations for resistance exercise and supplementation with calcium and vitamin D to promote bone health. 2006 , 23, 201-11	13
976	Effect of resistance training on risk of coronary artery disease in women with multiple sclerosis. 2006 , 66, 351-5	25

975	Dose-response relation between physical activity and sick leave. 2006 , 40, 173-8	64
974	Cardiovascular and metabolic responses at different walking intensities. 2006 , 40, 64-7	9
973	Strength. 2006 , 96-125	
972	Endurance. 2006 , 212-256	
971	Can patients with McArdle's disease run?. 2007 , 41, 53-4	14
970	Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. 2006 , 117, 1281-90	243
969	Determining the intensity and energy expenditure during commuter cycling. 2007 , 41, 8-12	52
968	Commercial Program and Product Review. 2006 , 2, 159-160	
967	Reactivity, stability, and strength performance capacity in motor sports. 2006 , 40, 906-10; discussion 911	27
966	Comparison of once-weekly and twice-weekly strength training in older adults. 2007 , 41, 19-22	40
965	Muscle size and strength are increased following walk training with restricted venous blood flow from the leg muscle, Kaatsu-walk training. 2006 , 100, 1460-6	389
964	Deconditioning. 2007 , 625-641	
963	Early growth and adult respiratory function in men and women followed from the fetal period to adulthood. 2007 , 62, 396-402	99
962	Match activity and physiological responses during a junior female singles tennis tournament. 2007 , 41, 711-6	46
961	[Evidence-based guidelines for physical activity of adult Canadians]. 2007 , 32 Suppl 2F, S17-74	17
960	A single 1-h bout of evening exercise increases basal FFA flux without affecting VLDL-triglyceride and VLDL-apolipoprotein B-100 kinetics in untrained lean men. 2007 , 292, E1568-74	36
959	Exercise training increases branched-chain oxoacid dehydrogenase kinase content in human skeletal muscle. 2007 , 293, R1335-41	23
958	Exercise in the menopause - an update. 2007 , 10 Suppl 2, 42-6	17

957	Pulmonary Rehabilitation: Joint ACCP/AACVPR Evidence-Based Clinical Practice Guidelines. 2007 , 131, 4S-42S	881
956	Self-efficacy for coping with barriers helps students stay physically active during transition to their first year at a university. 2007 , 78, 61-70	28
955	Repeated sets or single set of resistance training [A systematic review]. 2007 , 9, 154-160	10
954	The Physical Activity Levels of Older New Zealanders: How active are they?. 2007 , 10, 352-367	
953	Health benefits of tennis. 2007 , 41, 760-8	36
952	Physical activity and bronchial hyperresponsiveness: European Community Respiratory Health Survey II. 2007 , 62, 403-10	54
951	Regional changes in reactive hyperemic blood flow during exercise training: time-course adaptations. 2007 , 6, 1	15
950	Even low-intensity and low-volume exercise training may improve insulin resistance in the elderly. 2007 , 46, 1071-7	31
949	Training in the Aging Athlete. 2007 , 6, 200-206	
948	Assessing body types, diet, exercise, and sedentary behavior of American and Japanese college students. 2007 , 37, 329-337	6
947	[Exercise training in chronic pulmonary disease]. 2007 , 13, 101-28	6
946	Short-term appetite control in response to a 6-week exercise programme in sedentary volunteers. 2007 , 98, 834-42	74
945	Effects of aerobic exercise on lipids and lipoproteins in adults with type 2 diabetes: a meta-analysis of randomized-controlled trials. 2007 , 121, 643-55	100
944	Interval training compared with continuous training in patients with COPD. 2007 , 101, 1196-204	59
943	Pulmonary rehabilitation in chronic obstructive pulmonary disease. 2007 , 3, 57-64	1
942	Evaluating a community-based walking intervention for hypertensive older people in Taiwan: a randomized controlled trial. 2007 , 44, 160-6	70
941	Exercise intervention to modify physiologic risk factors in cancer survivors. 2007 , 23, 275-84	29
940	Training programs for children: literature review. 2007 , 50, 510-9, 499-509	17

939	Rètrañ nement ãl'effort chez l'enfant: revue de la littérature. 2007 , 50, 499-509	2
938	Rhabilitation du malade atteint de bronchopneumopathie chronique obstructive. 2007 , 50, 602-614	1
937	Pulmonary rehabilitation in chronic obstructive pulmonary disease. 2007 , 50, 615-26, 602-14	16
936	Effects of circuit resistance training on fitness attributes and upper-extremity pain in middle-aged men with paraplegia. 2007 , 88, 70-5	125
935	A comparison of twice- versus once-weekly supervision during pulmonary rehabilitation in chronic obstructive pulmonary disease. 2007 , 88, 167-72	24
934	A cadaveric study of strain on the subscapularis muscle. 2007 , 88, 941-6	11
933	Exercise therapy and other types of physical therapy for patients with neuromuscular diseases: a systematic review. 2007 , 88, 1452-64	142
932	Arm crank ergometry and shoulder pain in persons with spinal cord injury. 2007 , 88, 1727-9	16
931	Effects of cessation of a structured and supervised exercise conditioning program on lean mass and muscle strength in severely burned children. 2007 , 88, S24-9	49
930	Design paper: the DEMO trial: a randomized, parallel-group, observer-blinded clinical trial of aerobic versus non-aerobic versus relaxation training for patients with light to moderate depression. 2007 , 28, 79-89	13
929	Age-related differences in muscle activity, stride frequency and heart rate response during walking in water. 2007 , 17, 596-604	23
928	Treino de exercio na doena pulmonar crnica. 2007 , 13, 101-128	1
927	Nutritional interventions to promote post-exercise muscle protein synthesis. 2007 , 37, 895-906	69
926	The impact of physical training on locomotor function in older people. 2007 , 37, 683-701	56
925	New modalities of pulmonary rehabilitation in patients with chronic obstructive pulmonary disease. 2007 , 37, 501-18	30
924	A critical review of the validity of measuring stages of change in relation to exercise and moderate physical activity. 2007 , 17, 17-30	13
923	Vigorous and Moderate Physical Activity among U.S. Adults Reaction to Seo and Torabi. 2007 , 38, 175-176	
922	Everyday physical activity and community participation of adults with hemiplegic cerebral palsy. 2007 , 29, 179-89	46

921	Prevention and treatment of frailty in the postmenopausal woman. 2007 , 18, 609-21, xii	8
920	Sedentarismo: tiempo de ocio activo frente a porcentaje del gasto energético. 2007 , 60, 244-250	28
919	Reducing postpartum weight retention--a pilot trial in primary health care. 2007 , 6, 21	65
918	Dietary factors associated with obesity indicators and level of sports participation in Flemish adults: a cross-sectional study. 2007 , 6, 26	36
917	Stages of change for physical activity in adults from Southern Brazil: a population-based survey. 2007 , 4, 25	23
916	Question order in the assessment of misperception of physical activity. 2007 , 4, 42	10
915	A randomized trial comparing structured and lifestyle goals in an internet-mediated walking program for people with type 2 diabetes. 2007 , 4, 59	81
914	Training in the aging athlete. 2007 , 6, 200-6	12
913	Sedentary Lifestyle: Physical Activity Duration Versus Percentage of Energy Expenditure. 2007 , 60, 244-250	5
912	The effects of stretching on strength performance. 2007 , 37, 213-24	119
911	Localized Inflammation. 2007 , 117-139	1
910	The influence of frequency, intensity, volume and mode of strength training on whole muscle cross-sectional area in humans. 2007 , 37, 225-64	331
909	Metabolic equivalents during scooter exercise. 2007 , 26, 495-9	2
908	Principles of Exercise Physiology and Conditioning. 2007 , 7-21	
907	Prevalence and correlates of arthritis-attributable work limitation in the US population among persons ages 18-64: 2002 National Health Interview Survey Data. 2007 , 57, 355-63	84
906	Twelve-month effects of the Groningen active living model (GALM) on physical activity, health and fitness outcomes in sedentary and underactive older adults aged 55-65. 2007 , 66, 167-76	17
905	Spinal use-dependent plasticity of synaptic transmission in humans after a single cycling session. 2007 , 579, 375-88	61
904	Preventing excessive weight gain during pregnancy - a controlled trial in primary health care. 2007 , 61, 884-91	157

903	Effect of health-promoting posters placed on the platforms of two train stations in Copenhagen, Denmark, on the choice between taking the stairs or the escalators: a secondary publication. 2007 , 31, 950-5	18
902	Cardiorespiratory fitness and body mass index of 9-11-year-old English children: a serial cross-sectional study from 1998 to 2004. 2007 , 31, 1172-8	64
901	Get moving! Physical activity counseling in primary care. 2007 , 19, 349-57	46
900	Aerobic exercise in adolescents with obesity: preliminary evaluation of a modular training program and the modified shuttle test. 2007 , 7, 19	28
899	Socio-economic and lifestyle factors associated with overweight in Flemish adult men and women. 2007 , 7, 23	34
898	Does practicing hatha yoga satisfy recommendations for intensity of physical activity which improves and maintains health and cardiovascular fitness?. 2007 , 7, 40	101
897	Exercise on prescription: trial protocol and evaluation of outcomes. 2007 , 7, 36	18
896	El entrenamiento de la fuerza muscular para el tratamiento del s�ndrome de fibromialgia. 2007 , 29, 44-53	
895	Cardiovascular responses during recreational 5-a-side indoor-soccer. 2007 , 10, 89-95	41
894	Evidence-informed physical activity guidelines for Canadian adultsThis article is part of a supplement entitled Advancing physical activity measurement and guidelines in Canada: a scientific review and evidence-based foundation for the future of Canadian physical activity guidelines co-published by Applied Physiology, Nutrition, and Metabolism and the Canadian Journal of Public Health. It may be cited as Appl. Physiol. Nutr. Metab. 33(Suppl. 3E) www.Cmaj.ca/cjph/article/33(Suppl. 3E)/2007/32/518-568	104
893	Which women do pelvic floor muscle exercises six months' postpartum?. 2007 , 197, 49.e1-5	16
892	Reliability and validity of self-reported physical activity in the Nord-Tr�ndelag Health Study (HUNT 2). 2007 , 22, 379-87	130
891	Loss of productivity due to neck/shoulder symptoms and hand/arm symptoms: results from the PROMO-study. 2007 , 17, 370-82	68
890	Strength-training exercise in dysphagia rehabilitation: principles, procedures, and directions for future research. 2007 , 22, 251-65	217
889	Long-term strength training for community-dwelling people over 75: impact on muscle function, functional ability and life style. 2007 , 100, 535-42	68
888	Adaptations to long-term strength training of ankle joint muscles in old age. 2007 , 100, 507-14	16
887	Endurance training guided individually by daily heart rate variability measurements. 2007 , 101, 743-51	231
886	Respiratory muscle strength in the physically active elderly. 2007 , 185, 315-20	45

885	Effects of training and albuterol on pain and fatigue in facioscapulothoracic muscular dystrophy. 2007 , 254, 931-40	61
884	Exercise for prevention and treatment of cardiovascular disease, type 2 diabetes, and metabolic syndrome. 2007 , 7, 14-9	50
883	Modeling effects of age and sex on cardiovascular variability responses to aerobic ergometer exercise. 2007 , 45, 1085-93	3
882	Assessment of cardiac strain amongst underground coal carriers – a case study in India. 2007 , 37, 489-495	6
881	Progressive resistance training in breast cancer: a systematic review of clinical trials. 2008 , 109, 9-26	119
880	Principles of exercise prescription for patients with chronic heart failure. 2008 , 13, 61-8	65
879	Resistance exercise: training adaptations and developing a safe exercise prescription. 2008 , 13, 69-79	81
878	Affective status in relation to impulsive, motor and motivational symptoms: personality, development and physical exercise. 2008 , 14, 151-68	22
877	Exercise interventions for dementia and cognitive impairment: the Seattle Protocols. 2008 , 12, 391-4	77
876	Thalassotherapy for fibromyalgia: a randomized controlled trial comparing aquatic exercises in sea water and water pool. 2008 , 29, 147-52	32
875	Beneficial effects of conjugated linoleic acid and exercise on bone of middle-aged female mice. 2008 , 26, 436-45	24
874	Lungensport bei asthmakranken Erwachsenen. 2008 , 5, 66-73	
873	Changes in physical fitness in moderately fit adults with and without the use of exercise telemetry monitors. 2008 , 102, 505-13	2
872	Using three objective criteria to examine pedometer guidelines for free-living individuals. 2008 , 104, 435-44	14
871	The contribution of upper limb and total body movement to adolescents' energy expenditure whilst playing Nintendo Wii. 2008 , 104, 617-23	170
870	Heart rate in professional musicians. 2008 , 3, 16	19
869	Physical activity levels in patients with early knee osteoarthritis measured by accelerometry. 2008 , 59, 1229-36	129
868	Workload assessment in building construction related activities in India. 2008 , 39, 754-65	43

867	TTM-based motivational counselling does not increase physical activity of low back pain patients in a primary care setting--A cluster-randomized controlled trial. 2008 , 70, 50-60	33
866	Lichamelijke activiteit, cognitie en dementie. 2008 , 12, 37-42	1
865	Physical activity behaviors and emotional self-efficacy: is there a relationship for adolescents?. 2008 , 78, 321-7	29
864	Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. 2008 , 586, 151-60	720
863	Design of a RCT evaluating the (cost-) effectiveness of a lifestyle intervention for male construction workers at risk for cardiovascular disease: the health under construction study. 2008 , 8, 1	231
862	The evidence for dietary prevention and treatment of cardiovascular disease. 2008 , 108, 287-331	230
861	Changes in weight and health behaviors from freshman through senior year of college. 2008 , 40, 39-42	169
860	Physiological demands of basketball refereeing during international competition. 2008 , 11, 357-60	24
859	The effects of moderate and vigorous exercise on desire to smoke, withdrawal symptoms and mood in abstaining young adult smokers. 2008 , 1, 26-31	33
858	Feedback Control of Oxygen Uptake During Treadmill Exercise. 2008 , 16, 624-635	5
857	Relationship Between Cardio-Respiratory Parameters and Women With Fibromyalgia. 2008 , 4, 8-12	
856	Sex differences in the effects of aerobic and anaerobic exercise on blood pressure and arterial stiffness. 2008 , 5, 115-23	18
855	Preventing obesity in the primary care setting. 2008 , 35, 625-43	2
854	Physical Activity Recommendations and Exercise Guidelines Established by Leading Health Organizations. 2008 , 227-239	
853	The role of exercise in amyotrophic lateral sclerosis. 2008 , 19, 545-57, ix-x	24
852	Tripping without falling; lower limb strength, a limitation for balance recovery and a target for training in the elderly. 2008 , 18, 188-96	137
851	Exercise interval training: an improved stimulus for improving the physiology of pre-diabetes. 2008 , 71, 752-61	31
850	Assessment of the effects of aquatic therapy on global symptomatology in patients with fibromyalgia syndrome: a randomized controlled trial. 2008 , 89, 2250-7	69

849	A prospective study on physical activity levels after spinal cord injury during inpatient rehabilitation and the year after discharge. 2008 , 89, 2094-101	136
848	[A fatigue questionnaire (QFES) for child athletes: a four-year follow-up study in young skiers]. 2008 , 51, 184-92	1
847	A fatigue questionnaire (QFES) for child athletes: a four-year follow-up study in young skiers. 2008 , 51, 193-200	1
846	Physical Activity and Physical Self-Concept among Sedentary Adolescent Females; An Intervention Study. 2008 , 9, 1-14	62
845	Endurance or resistance training in primary care after in-patient rehabilitation for COPD?. 2008 , 102, 422-9	20
844	The effects of eight-week walking programs of two different intensities on serum lipids and circulating markers of collagen remodelling in humans. 2008 , 23, 162-169	2
843	Arranging appropriate activities immigrant women's ideas of enabling exercise. 2008 , 18, 413-22	21
842	Multiple health risk behaviors in German first year university students. 2008 , 46, 189-95	131
841	Exercise and Fitness. 2008 , 393-418	
840	Meta-analysis of walking for preservation of bone mineral density in postmenopausal women. 2008 , 43, 521-31	178
839	The involvement of the ubiquitin proteasome system in human skeletal muscle remodelling and atrophy. 2008 , 1782, 730-43	183
838	Inflammatory markers and negative mood symptoms following exercise withdrawal. 2008 , 22, 1190-6	30
837	[Relationship between cardio-respiratory parameters and women with fibromyalgia]. 2008 , 4, 8-12	5
836	Best practice: E-Model--prescribing physical activity and exercise for individuals with fibromyalgia. 2008 , 24, 151-66	12
835	Initiating and maintaining resistance training in older adults: a social cognitive theory-based approach. 2009 , 43, 114-9	56
834	Development and validation of exercise target heart rate zones for overweight and obese pregnant women. 2008 , 33, 984-9	61
833	Physical demands of firefighter search and rescue in ambient environmental conditions. 2008 , 51, 1023-31	32
832	Fostering Resilience Within an Adult Day Support Program. 2008 , 32, 1-18	14

831	Femoral artery remodeling after aerobic exercise training without weight loss in women. 2008 , 7, 13		11
830	If exercise is medicine, what is the dosimetry?. 2008 , 7, 61-3		
829	A comparison of physiological strain of carriers in underground manual coal mines in India. 2008 , 14, 210-7		3
828	Boosting the effectiveness of rehabilitative exercise training. 2008 , 177, 805-6		2
827	Long-term effects of a stage-based intervention for changing exercise intentions and behavior in older adults. 2008 , 48, 358-67		63
826	Acute moderate-intensity exercise in middle-aged men has neither an anti- nor proinflammatory effect. 2008 , 105, 260-5		47
825	A physical demands analysis of the 24-week British Army Parachute Regiment recruit training syllabus. 2008 , 51, 649-62		47
824	Inter-modal comparisons of acute energy expenditure during perceptually based exercise in obese adults. 2008 , 54, 39-45		4
823	The impact of body-mass index and steps per day on blood pressure and fasting glucose in older adults. 2008 , 16, 188-200		9
822	Regulation of middle cerebral artery blood velocity during dynamic exercise in humans: influence of aging. 2008 , 105, 266-73		49
821	Einfluss körperlichen Trainings auf Herz-Kreislauf-Risikofaktoren bei älteren Frauen mit Metabolischem Syndrom. 2008 , 38, 65-81		0
820	Stages of exercise behaviour change: A pilot study of measurement validity. 2008 , 46, 4-10		2
819	Physical activity patterns during pregnancy. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1901-8	1.2	153
818	Exercise attenuates the weight-loss-induced reduction in muscle mass in frail obese older adults. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1213-9	1.2	142
817	Introduction. 2008 , 1-19		
816	Strategies for cardiopulmonary exercise testing of pectus excavatum patients. 2008 , 63, 245-54		17
815	Assessing exercise intensity in cardiac rehabilitation: the use of a Polar heart rate monitor. 2008 , 3, 534-538		1
814	Exercise Prescription. 2008 , 497-506		1

813	Self-reported health and fitness habits of certified athletic trainers. <i>Journal of Athletic Training</i> , 2008 , 43, 617-23	4	12
812	Skeletal muscle size and strength are increased following walk training with restricted leg muscle blood flow: implications for training duration and frequency. 2009 , 5, 9-15		14
811	Confusion and conflict in assessing the physical activity status of middle-aged men. <i>PLoS ONE</i> , 2009 , 4, e4337	3-7	34
810	Barriers to uptake of physical activity in community-based patients with schizophrenia. 2009 , 18, 523-532		55
809	Comparison of heart rate response to tennis activity between persons with and without spinal cord injuries: implications for a training threshold. 2009 , 80, 71-7		7
808	Dose-response relationship between moderate-intensity exercise duration and coronary heart disease risk factors in postmenopausal women. 2009 , 18, 105-13		32
807	Role of walking-exercise therapy after stroke. 2009 , 7, 905-10		11
806	Adherence to the Mediterranean diet is associated with lower prevalence of obesity among elderly people living in Mediterranean islands: the MEDIS study. 2009 , 60 Suppl 6, 137-50		19
805	Aerobic endurance exercise benefits memory and affect in young adults. 2009 , 19, 223-43		125
804	Men Play, Women Work. 2009 , 80, 11-21		
803	Decrease in heart rate after longitudinal participation in the Groningen Active Living Model (GALM) recreational sports programme. 2009 , 27, 975-83		
802	Lifestyle and diet in postmenopausal women. 2009 , 12 Suppl 1, 62-5		11
801	Methodology for using long-term accelerometry monitoring to describe daily activity patterns in COPD. 2009 , 6, 121-9		64
800	WITHDRAWN: Aerobic exercise training programmes for improving physical and psychosocial health in adults with Down syndrome. 2009 , CD005176		1
799	Exercise and quality of life: strengthening the connections. 2009 , 13, 31-9		17
798	The association of cardiorespiratory fitness and physical activity with incidence of hypertension in men. 2009 , 22, 417-24		87
797	Cardiovascular and metabolic complications during androgen deprivation: exercise as a potential countermeasure. 2009 , 12, 233-40		28
796	Exercise training before and after lung transplantation. 2009 , 37, 78-87		15

795	Factors Associated with the Prevalence of Diabetes Mellitus Among Elderly Men and Women Living in Mediterranean Islands: The MEDIS Study. 2009 , 6, 54-63	28
794	Physical activity as a preventative factor for frailty: the health, aging, and body composition study. 2009 , 64, 61-8	205
793	Fibromyalgia treatment: the role of exercise and physical activity. 2009 , 4, 343-380	14
792	How sustainable is strength training in chronic obstructive pulmonary disease?. 2009 , 95, 1-7	17
791	Australian association for exercise and sports science position statement on exercise and hypertension. 2009 , 12, 252-7	53
790	Exercise intervention to prevent falls and enhance mobility in community dwellers after stroke: a protocol for a randomised controlled trial. 2009 , 9, 38	25
789	Exercise therapy for prevention of falls in people with Parkinson's disease: a protocol for a randomised controlled trial and economic evaluation. 2009 , 9, 4	49
788	Physical fitness, but not acute exercise modulates event-related potential indices for executive control in healthy adolescents. 2009 , 1269, 114-24	164
787	[Role of physical activity in chronic obstructive pulmonary disease]. 2009 , 45 Suppl 5, 7-13	5
786	Aerobic exercise training reduces hepatic and visceral lipids in obese individuals without weight loss. 2009 , 50, 1105-12	399
785	Effects of secondary warm up following stretching. 2009 , 105, 175-83	43
784	Effect of preceding resistance exercise on metabolism during subsequent aerobic session. 2009 , 107, 43-50	24
783	Part A: Assessing the performance of the COMFA outdoor thermal comfort model on subjects performing physical activity. 2009 , 53, 415-28	65
782	Assessment of physical functioning in recurrent glioma: preliminary comparison of performance status to functional capacity testing. 2009 , 94, 79-85	34
781	The role of exercise interval training in treating cardiovascular disease risk factors. 2009 , 3, 296-301	8
780	Evaluation of intensity during an interval Spinning [®] session: a field study. <i>Sport Sciences for Health</i> , 2009 , 5, 29-36	1,3 7
779	Exercise intensity and insulin sensitivity: how low can you go?. 2009 , 52, 1709-13	29
778	Exercise and quality of life during and after treatment for breast cancer: results of two randomized controlled trials. 2009 , 18, 343-52	107

777	Effect of 6-months of physical exercise on the nitrate/nitrite levels in hypertensive postmenopausal women. 2009 , 9, 17	27
776	Resistance training with soy vs whey protein supplements in hyperlipidemic males. 2009 , 6, 8	34
775	Effect of cross exercise on quadriceps acceleration reaction time and subjective scores (Lysholm questionnaire) following anterior cruciate ligament reconstruction. 2009 , 4, 2	12
774	Individual responses to aerobic exercise: the role of the autonomic nervous system. 2009 , 33, 107-15	156
773	More is not always better: cost-effectiveness analysis of combined, single behavioral and single physical rehabilitation programs for chronic low back pain. 2009 , 13, 71-81	49
772	Physical activity ratios for various commonly performed sedentary and physical activities in obese adolescents. 2009 , 32, 79-82	4
771	Heart rate and metabolic responses to moderate-intensity aerobic exercise: a comparison of graded walking and ungraded jogging at a constant perceived exertion. 2009 , 27, 509-16	7
770	Randomized controlled trial of resistance or aerobic exercise in men receiving radiation therapy for prostate cancer. 2009 , 27, 344-51	407
769	Does physical activity intensity moderate social cognition and behavior relationships?. 2009 , 58, 213-22	10
768	Exploring the potential of computer and video games for health and physical education: A literature review. 2009 , 53, 603-622	323
767	Prolonged electrical muscle stimulation exercise improves strength, peak VO ₂ , and exercise capacity in patients with stable chronic heart failure. 2009 , 15, 319-26	59
766	Effects of an acute bout of localized resistance exercise on cognitive performance in middle-aged adults: A randomized controlled trial study. 2009 , 10, 19-24	71
765	Effects of home-based exercise on fatigue in postpartum depressed women: who is more likely to benefit and why?. 2009 , 67, 159-63	24
764	Acute changes in obsessions and compulsions following moderate-intensity aerobic exercise among patients with obsessive-compulsive disorder. 2009 , 23, 923-7	48
763	Effects of 2 physiotherapy programs on pain perception, muscular flexibility, and illness impact in women with fibromyalgia: a pilot study. 2009 , 32, 84-92	18
762	Is the fear avoidance model associated with the reduced level of aerobic fitness in patients with chronic low back pain?. 2009 , 90, 109-17	35
761	Cardiovascular autonomic modulation after acute resistance exercise in women with fibromyalgia. 2009 , 90, 1628-34	30
760	Depressive symptoms and diabetes mellitus in an Asian multiracial population. 2009 , 2, 66-70	10

759	Physical activity levels of persons with mental illness attending psychiatric rehabilitation programs. 2009 , 108, 252-7		60
758	The Vital@Work Study. The systematic development of a lifestyle intervention to improve older workers' vitality and the design of a randomised controlled trial evaluating this intervention. 2009 , 9, 408		28
757	Objective and perceived availability of physical activity opportunities: differences in associations with physical activity behavior among urban adolescents. 2009 , 6, 70		85
756	Factors associated with non-participation and drop-out in a lifestyle intervention for workers with an elevated risk of cardiovascular disease. 2009 , 6, 80		61
755	Dynamic exercise programs (aerobic capacity and/or muscle strength training) in patients with rheumatoid arthritis. <i>The Cochrane Library</i> , 2009 , CD006853	5.2	137
754	Exercise to Increase Cardiovascular Fitness. 2009 , 45-61		
753	Psychosocial impact of participation in the National Veterans Wheelchair Games and Winter Sports Clinic. 2009 , 31, 410-8		63
752	Steps per day: the road to senior health?. 2009 , 39, 423-38		66
751	Increased physical work loads in modern work--a necessity for better health and performance?. 2009 , 52, 1215-25		123
750	Greater daily leisure time physical activity is associated with lower chronic disease risk in adults with spinal cord injury. 2009 , 34, 640-7		106
749	Controlling balance decline across the menopause using a balance-strategy training program: a randomized, controlled trial. 2009 , 12, 165-76		14
748	Understanding how to determine the intensity of physical activity--an interview study among individuals with rheumatoid arthritis. 2009 , 31, 458-65		8
747	Assessment of a Biofeedback Program to Treat Chronic Low Back Pain. 2009 , 17, 369-377		8
746	Target-flow Inspiratory Muscle Training Improves Running Performance in Recreational Runners: A Randomized Controlled Trial. 2009 , 27, 48-54		5
745	A randomized clinical trial of exercise to alleviate postpartum depressed mood. 2009 , 30, 191-200		46
744	Association of age with muscle size and strength before and after short-term resistance training in young adults. 2009 , 23, 1915-20		9
743	Physical fitness training for stroke patients. 2009 , CD003316		46
742	A pilot trial of spirituality counseling for weight loss maintenance in African American breast cancer survivors. 2009 , 101, 552-64		69

741	Basal adipose tissue and hepatic lipid kinetics are not affected by a single exercise bout of moderate duration and intensity in sedentary women. 2009 , 116, 327-34		11
740	Exercise interventions on health related quality of life for cancer survivors. 2009 ,		11
739	Influence of Home-Based Pulmonary Rehabilitation on Muscle Oxygenation in Elderly Patients with Chronic Obstructive Pulmonary Disease. <i>Journal of Physical Therapy Science</i> , 2009 , 21, 301-305	1	2
738	Physiological responses and perceived exertion during international Taekwondo competition. 2009 , 4, 485-93		73
737	Effects of Basic Karate Exercises on Maximal Oxygen Uptake in Sedentary Collegiate Women. 2010 , 56, 721-726		6
736	Can aerobic training improve muscle strength and power in older men?. 2010 , 18, 14-26		31
735	Strength training and older women: a cross-sectional study examining factors related to exercise adherence. 2010 , 18, 201-18		21
734	The Pregnant Athlete, Part 2: Exercise Recommendations. 2010 , 15, 38-41		
733	Energy expenditure during golfing and lawn mowing in older adult men. 2010 , 18, 185-200		3
732	Correspondences between continuous and intermittent exercises intensities in healthy prepubescent children. 2010 , 108, 977-85		11
731	Comparison of gas exchange data using the Aquatrainer system and the facemask with Cosmed K4b2 during exercise in healthy subjects. 2010 , 109, 191-9		23
730	Monitoring endurance running performance using cardiac parasympathetic function. 2010 , 108, 1153-67		157
729	Elderly oarsmen have larger trunk and thigh muscles and greater strength than age-matched untrained men. 2010 , 108, 1239-45		19
728	Exercise intensity of head-out water-based activities (water fitness). 2010 , 109, 829-38		36
727	Inter-individual variability in adaptation of the leg muscles following a standardised endurance training programme in young women. 2010 , 109, 1111-8		28
726	Prediction of peak oxygen uptake from age and power output at RPE 15 in obese women. 2010 , 110, 645-9		12
725	The effectiveness of walking as an intervention for low back pain: a systematic review. 2010 , 19, 1613-20		50
724	Physiotherapy management of cancer-related fatigue: a survey of UK current practice. 2010 , 18, 817-25		18

723	How active are patients undergoing total joint arthroplasty?: A systematic review. 2010 , 468, 1891-904	60
722	Attitudes of overweight and normal weight adults regarding exercise at a health club. 2010 , 42, 2-9	42
721	Stretching versus strength training in lengthened position in subjects with tight hamstring muscles: a randomized controlled trial. 2010 , 15, 26-31	38
720	Prevention of gestational diabetes: design of a cluster-randomized controlled trial and one-year follow-up. 2010 , 10, 39	48
719	The lung cancer exercise training study: a randomized trial of aerobic training, resistance training, or both in postsurgical lung cancer patients: rationale and design. 2010 , 10, 155	49
718	Physical Activity during Cancer Treatment (PACT) Study: design of a randomised clinical trial. 2010 , 10, 272	37
717	Learn 2 Move 16-24: effectiveness of an intervention to stimulate physical activity and improve physical fitness of adolescents and young adults with spastic cerebral palsy; a randomized controlled trial. 2010 , 10, 79	17
716	The effect of walking intervention on blood pressure control: a systematic review. 2010 , 47, 1545-61	70
715	Fitness versus fatness: moving beyond weight loss in nonalcoholic fatty liver disease. 2010 , 52, 370-81	98
714	Behavioral assessment of the reinforcing effect of exercise in women with anorexia nervosa: further paradigm development and data. 2010 , 43, 611-8	28
713	Exercise-induced energy expenditure: implications for exercise prescription and obesity. 2010 , 79, 327-32	46
712	Physiological demands of hiking the Grand Canyon. 2010 , 21, 276-8	2
711	Exercise therapy and cognitive behavioural therapy to improve fatigue, daily activity performance and quality of life in postpoliomyelitis syndrome: the protocol of the FACTS-2-PPS trial. 2010 , 10, 8	22
710	Exercise intensity-dependent regulation of peroxisome proliferator-activated receptor coactivator-1 mRNA abundance is associated with differential activation of upstream signalling kinases in human skeletal muscle. 2010 , 588, 1779-90	253
709	Perceived exercise benefits and barriers of non-exercising female university students in the United Kingdom. <i>International Journal of Environmental Research and Public Health</i> , 2010 , 7, 784-98	4.6 82
708	Progressive resistance training improves overall physical activity levels in patients with early osteoarthritis of the knee: a randomized controlled trial. 2010 , 90, 356-66	75
707	Author's Response * Dietary patterns and the risk of mortality: impact of cardiorespiratory fitness. 2010 , 39, 213-214	1
706	Mortality trends in the general population: the importance of cardiorespiratory fitness. 2010 , 24, 27-35	336

705	Effects of exercise intensity and self-efficacy on state anxiety with breast cancer survivors. 2010 , 37, 206-12		19
704	Dietary patterns and the risk of mortality: impact of cardiorespiratory fitness. 2010 , 39, 197-209		44
703	Exercise intensity during wheelchair rugby training. 2010 , 28, 389-98		26
702	Provider advice about weight loss and physical activity in the postpartum period. 2010 , 19, 397-406		21
701	Trunk extensor and flexor strength of long-distance race car drivers and physically active controls. 2010 , 28, 1183-7		20
700	A cross-sectional examination of the physical fitness and selected health attributes of recreational all-terrain vehicle riders and off-road motorcyclists. 2010 , 28, 1423-33		11
699	Impact of walking on adipose tissue lipoprotein lipase activity and expression in pre- and postmenopausal women. 2010 , 3, 191-9		11
698	A review of exercise as intervention for sedentary hazardous drinking college students: rationale and issues. 2010 , 58, 539-44		30
697	Do neuromuscular adaptations occur in endurance-trained boys and men?. 2010 , 35, 471-9		22
696	Minimal difference between aerobic and progressive resistance exercise on metabolic profile and fitness in older adults with diabetes mellitus: a randomised trial. 2010 , 56, 163-70		17
695	The power of exercise: buffering the effect of chronic stress on telomere length. <i>PLoS ONE</i> , 2010 , 5, e10837	3.7	228
694	Exercise interventions on health related quality of life for people with cancer during active treatment. 2010 ,		4
693	Promoting physical activity in an adolescent and a young adult with physical disabilities. 2010 , 3, 86-92		14
692	[Physical exercise as non pharmacologic therapy in knee osteoarthritis]. 2010 , 6, 153-60		4
691	Measuring physical activity among pregnant women using a structured one-week recall questionnaire: evidence for validity and reliability. 2010 , 7, 21		56
690	Physical exercise as non pharmacologic therapy in knee osteoarthritis. 2010 , 6, 153-160		
689	The ABC of Physical Activity for Health: a consensus statement from the British Association of Sport and Exercise Sciences. 2010 , 28, 573-91		362
688	The effect of spinal manipulation on the efficacy of a rehabilitation protocol for patients with chronic neck pain: a pilot study. 2010 , 33, 168-77		18

687	Impact of aerobic exercise training on cognitive functions and affect associated to the COMT polymorphism in young adults. 2010 , 94, 364-72	65
686	Effects of obesity, physical activity, and cardiorespiratory fitness on blood pressure, inflammation, and insulin resistance in the National Health and Nutrition Survey 1999-2002. 2010 , 20, 713-9	37
685	Considering a frame of reference for physical activity research related to the cardiometabolic risk profile in schizophrenia. 2010 , 177, 271-9	95
684	The effect of green exercise on state anxiety and the role of exercise duration, intensity, and greenness: A quasi-experimental study. 2010 , 11, 238-245	92
683	Physical inactivity in patients with COPD, a controlled multi-center pilot-study. 2010 , 104, 1005-11	259
682	Heart rate and overall ratings of perceived exertion during Spinning® cycle indoor session in novice adults. 2010 , 25, 238-244	15
681	Effect on injuries of assigning shoes based on foot shape in air force basic training. 2010 , 38, S197-211	62
680	Prevention of physical training-related injuries recommendations for the military and other active populations based on expedited systematic reviews. 2010 , 38, S156-81	115
679	Effects of aquatic backward locomotion exercise and progressive resistance exercise on lumbar extension strength in patients who have undergone lumbar discectomy. 2010 , 91, 208-14	25
678	Leisure time physical activity in a population-based sample of people with spinal cord injury part I: demographic and injury-related correlates. 2010 , 91, 722-8	174
677	Accelerometry-based activity spectrum in persons with chronic physical conditions. 2010 , 91, 1856-61	102
676	Resistance exercise for muscular strength in older adults: a meta-analysis. 2010 , 9, 226-37	407
675	Tender point count, pain, and mobility in the older population: the mobilize Boston study. 2010 , 11, 62-70	24
674	Doit-on faire une preuve d'exercice chez tout patient respiratoire ?. 2010 , 2, 555-556	
673	Early-phase neuromuscular adaptations to high- and low-volume resistance training in untrained young and older women. 2010 , 28, 1505-14	44
672	Strength training and aerobic exercise training for muscle disease. 2010 , CD003907	27
671	Physical fitness profiles of young men: associations between physical fitness, obesity and health. 2010 , 40, 907-20	25
670	Prehabilitation versus usual care before total knee arthroplasty: A case report comparing outcomes within the same individual. 2010 , 26, 399-407	18

669	Physical capacity after 7 weeks of low-intensity wheelchair training. 2010 , 32, 2244-52		19
668	Usefulness of perceived level of exertion in patients with chronic low back pain attending a physical training programme. 2010 , 32, 216-22		10
667	Predicting the highest workload in cardiopulmonary test. 2010 ,		2
666	Physical capacity after 7 weeks of low-intensity wheelchair training. 2010 , 32, 1717-21		12
665	Group vs. individual exercise interventions for women with breast cancer: a meta-analysis. 2009 , 4, 22-41		37
664	Physical activity and sexuality in perimenopausal women. 2010 , 15, 423-32		24
663	. 2010 , 18, 136-142		10
662	A small group aerobic exercise programme that reduces body weight is feasible in adults with severe chronic schizophrenia: a pilot study. 2011 , 33, 1222-9		39
661	VO2 prediction and cardiorespiratory responses during underwater treadmill exercise. 2011 , 82, 264-73		9
660	Heart rates of elementary physical education students during the dancing classrooms program. 2011 , 82, 256-63		7
659	Total knee arthroplasty in motivated patients with knee osteoarthritis and athletic activity approach type goals: a conceptual decision-making model. 2011 , 33, 1683-92		7
658	Evidence-based risk assessment and recommendations for physical activity clearance: respiratory disease. 2011 , 36 Suppl 1, S80-100		10
657	Heart rate responses and training load during nonspecific and specific aerobic training in adolescent taekwondo athletes. <i>Journal of Human Kinetics</i> , 2011 , 29, 59-66	2.6	17
656	Metabolic changes during a field experiment in a world-class windsurfing athlete: a trial with multivariate analyses. 2011 , 15, 695-704		15
655	Evaluation of the exercise workload of broadcast calisthenics for children and adolescents aged 11-17 years. 2011 , 29, 363-71		1
654	Six-month exercise training program to treat post-thrombotic syndrome: a randomized controlled two-centre trial. <i>Cmaj</i> , 2011 , 183, 37-44	3.5	77
653	Increases in thigh muscle volume and strength by walk training with leg blood flow reduction in older participants. 2011 , 66, 257-63		86
652	Using Wii Fit to reduce fatigue among African American women with systemic lupus erythematosus: a pilot study. 2011 , 20, 1293-9		63

651	Le r�entra�nement � effort chez l'enfant atteint de paralysie c�brale (PC). Revue de litt�ature. 2011 , 32, 51-53		3
650	Effects of concurrent training on interleukin-6, tumour necrosis factor-alpha and C-reactive protein in middle-aged men. 2011 , 29, 1573-81		27
649	Efficacy of progressive resistance training for patients with rheumatoid arthritis and recommendations regarding its prescription. 2011 , 6, 189-205		6
648	Effects of exercise on cardiovascular risk factors in type 2 diabetes: a meta-analysis. 2011 , 34, 1228-37		210
647	Physical fitness training for stroke patients. 2011 , CD003316		38
646	Exercise guidelines in pregnancy: new perspectives. 2011 , 41, 345-60		74
645	Energy intake and appetite-related hormones following acute aerobic and resistance exercise. 2011 , 36, 958-66		57
644	Optimal intensity and type of leg exercise training for people with chronic obstructive pulmonary disease. <i>The Cochrane Library</i> , 2011 , CD008008	5.2	18
643	Acute effects of Surya Namaskar on the cardiovascular & metabolic system. 2011 , 15, 343-7		33
642	Cardiorespiratory fitness and its association with body composition and physical activity in Hong Kong Chinese women aged from 55 to 94 years. 2011 , 69, 348-53		15
641	Le point sur les recommandations de sant� publique en mati�re d'activit� physique. 2011 , 26, 183-183		5
640	Taekwondo training and fitness in female adolescents. 2011 , 29, 133-8		32
639	Self selected walking speed in overweight adults: Is this intensity enough to promote health benefits?. 2011 , 46, 11-15		3
638	Cardiovascular and autonomic responses after exercise sessions with different intensities and durations. 2011 , 66, 453-8		34
637	Low-frequency force steadiness practice in plantar flexor muscle reduces postural sway during quiet standing. 2011 , 30, 233-9		11
636	Strength training following hematopoietic stem cell transplantation. 2011 , 34, 238-49		57
635	Flexibility: components, proprioceptive mechanisms and methods. 2011 , 3, 39-43		6
634	The effect of a supervised exercise trial on exercise adherence among African American Men: a pilot study. 2011 , 103, 488-91		5

633	Hypotensive response after water-walking and land-walking exercise sessions in healthy trained and untrained women. 2011 , 4, 549-54		25
632	Effect of progressive resistance exercise on strength evolution of elderly patients living with HIV compared to healthy controls. 2011 , 66, 261-6		40
631	Evaluation of a comprehensive rehabilitation program for post-treatment patients with cancer. 2011 , 38, E418-24		16
630	Influence of the number of sets at a strength training in the flexibility gains. <i>Journal of Human Kinetics</i> , 2011 , 29A, 47-52	2.6	4
629	Overcoming barriers to diabetes control in geriatrics. 2011 , 65, 420-4		4
628	Exercise and exercise intentions among obese and overweight individuals. 2011 , 23, 92-100		1
627	An examination of serotonin and psychological variables in the relationship between exercise and mental health. 2011 , 21, 474-81		89
626	Range of motion measurements diverge with increasing age for COL5A1 genotypes. 2011 , 21, e266-72		30
625	Salzburg Skiing for the Elderly Study: study design and intervention--health benefit of alpine skiing for elderly. 2011 , 21 Suppl 1, 1-8		23
624	Salzburg Skiing for the Elderly Study: influence of alpine skiing on aerobic capacity, strength, power, and balance. 2011 , 21 Suppl 1, 9-22		23
623	The role of in vivo Ca ²⁺ signals acting on Ca ²⁺ -calmodulin-dependent proteins for skeletal muscle plasticity. 2011 , 589, 5021-31		50
622	Methodological and practical application issues in exercise prescription using the heart rate reserve and oxygen uptake reserve methods. 2011 , 14, 46-57		50
621	Effect of physical activity intervention based on a pedometer on physical activity level and anthropometric measures after childbirth: a randomized controlled trial. 2011 , 11, 103		36
620	Injury rates and injury risk factors among Federal Bureau of Investigation new agent trainees. 2011 , 11, 920		38
619	Importancia de la presencia de os peroneum y el síndrome de fricción en el diagnóstico diferencial de la tendinopatía peronea. 2011 , 33, 183-186		
618	A randomized preventive rehabilitation trial in advanced head and neck cancer patients treated with chemoradiotherapy: feasibility, compliance, and short-term effects. 2011 , 26, 155-70		162
617	Effects of Tai Chi on adiponectin and glucose homeostasis in individuals with cardiovascular risk factors. 2011 , 111, 57-66		7
616	Effects of mode and intensity on the acute exercise-induced IL-6 and CRP responses in a sedentary, overweight population. 2011 , 111, 1035-45		69

615	Only lower limb controlled interactive computer gaming enables an effective increase in energy expenditure. 2011 , 111, 1465-72	25
614	Effect of sprint interval training on circulatory function during exercise in sedentary, overweight/obese women. 2011 , 111, 1591-7	77
613	Plasma matrix metalloproteinase-9 response to eccentric exercise of the elbow flexors. 2011 , 111, 1795-805	18
612	Physical activity and depressive symptoms among pregnant women: the PIN3 study. 2011 , 14, 145-57	35
611	Stress reactivity to repeated low-level challenges: a pilot study. 2011 , 36, 243-50	9
610	Associations between physical fitness and HbA _{1c} in type 2 diabetes mellitus. 2011 , 54, 93-102	45
609	Effects of the Paula method in electromyographic activation of the pelvic floor: a comparative study. 2011 , 22, 677-80	15
608	Pelvic floor muscle training for treatment of pelvic organ prolapse: an assessor-blinded randomized controlled trial. 2011 , 22, 1233-9	66
607	Exercise prescription after fragility fracture in older adults: a scoping review. 2011 , 22, 1289-322	12
606	Attrition and adherence rates of sustained vs. intermittent exercise interventions. 2011 , 42, 197-209	117
605	Exercise therapy for stress-related mental disorder, a randomised controlled trial in primary care. 2011 , 12, 76	1
604	Effects of aerobic exercise therapy and cognitive behavioural therapy on functioning and quality of life in amyotrophic lateral sclerosis: protocol of the FACTS-2-ALS trial. 2011 , 11, 70	25
603	The effect of walking on falls in older people: the 'Easy Steps to Health' randomized controlled trial study protocol. 2011 , 11, 888	11
602	Can we use digital life-log images to investigate active and sedentary travel behaviour? Results from a pilot study. 2011 , 8, 44	85
601	How many steps/day are enough? for children and adolescents. 2011 , 8, 78	259
600	Water exercises and quality of life during pregnancy. 2011 , 8, 14	26
599	Systematic review of design and effects of splints and exercise programs in hand osteoarthritis. 2011 , 63, 834-48	85
598	Exercise as migraine prophylaxis: a randomized study using relaxation and topiramate as controls. 2011 , 31, 1428-38	165

597	Clinical application of neuromuscular electrical stimulation induced cardiovascular exercise. 2011 , 2011, 3266-9		3
596	Causal attributions regarding personal exercise goal attainment in exerciser schematics and aschematics. 2011 , 9, 48-63		1
595	Influence of resistance exercise on lean body mass in aging adults: a meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 249-58	1.2	341
594	Effects of food form on food intake and postprandial appetite sensations, glucose and endocrine responses, and energy expenditure in resistance trained v. sedentary older adults. 2011 , 106, 1107-16		18
593	Feasibility and preliminary effectiveness of preoperative therapeutic exercise in patients with cancer: a pragmatic study. 2011 , 27, 117-24		40
592	Acupuncture Improves Flexibility: Acute Effect of Acupuncture Before a Static Stretch of Hip Adductors. 2011 , 23, 27-33		3
591	Reduced cardiovascular risk is associated with aerobic fitness in university students. 2011 , 11, 87-94		14
590	Associations between physical activity and postpartum depressive symptoms. 2011 , 20, 1025-34		14
589	Worksite physical activity interventions and obesity: a review of European studies (the HOPE project). 2011 , 4, 479-88		43
588	Physical activity self-monitoring and weight loss: 6-month results of the SMART trial. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1568-74	1.2	82
587	Energy expenditure and plasma F2-isoprostanes across the menstrual cycle. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 785-92	1.2	2
586	Estimates of the number of people in England who attain or exceed vigorous intensity exercise by walking at 3 mph. 2011 , 29, 1629-34		10
585	A worksite vitality intervention to improve older workers' lifestyle and vitality-related outcomes: results of a randomised controlled trial. 2012 , 66, 1071-8		51
584	Effect of exercise in reducing breast and chest-wall pain in patients with breast cancer: a pilot study. 2012 , 19, e129-35		11
583	Determining Intensity Levels of Selected Wii Fit Activities in College Aged Individuals. 2012 , 16, 135-150		5
582	Steps to preventing type 2 diabetes: exercise, walk more, or sit less?. 2012 , 3, 142		26
581	Longitudinal change in physical activity and disability in adults. 2012 , 36, 385-94		27
580	Soy isoflavones and exercise to improve physical capacity in postmenopausal women. 2013 , 16, 70-7		15

579	Exercise and early-onset Alzheimer's disease: theoretical considerations. 2012 , 2, 132-45	16
578	Exploration games played on a DDR pad can constitute beneficial physical exercise. 2012 ,	1
577	Water training in postmenopausal women: Effect on muscular strength. 2012 , 12, 193-200	5
576	Alternative Exercise Technologies to Fight against Sarcopenia at Old Age: A Series of Studies and Review. 2012 , 2012, 109013	21
575	Reduced cardiorespiratory fitness after stroke: biological consequences and exercise-induced adaptations. 2012 , 2012, 959120	76
574	Learning while exercising for science education in augmented reality among adolescents. 2012 , 20, 331-349	52
573	Effect of cognitive and aerobic training intervention on older adults with mild or no cognitive impairment: a derivative study of the nakajima project. 2012 , 2, 69-80	22
572	p53: exercise capacity and metabolism. 2012 , 24, 76-82	22
571	Self-Reported and objectively measured physical activity among a cohort of postpartum women: the PIN Postpartum Study. 2012 , 9, 5-20	48
570	Cardiorespiratory fitness and heart rate recovery in obese premenopausal women. 2012 , 22, e133-9	9
569	Knee laxity after staircase exercise predicts radiographic disease progression in medial compartment knee osteoarthritis. 2012 , 64, 3908-16	8
568	Reproducibility and criterion-related validity of the sit and reach test and toe touch test for estimating hamstring flexibility in recreationally active young adults. 2012 , 13, 219-26	65
567	Changes in leisure-time physical activity and subsequent sickness absence: a prospective cohort study among middle-aged employees. 2012 , 55, 618-22	23
566	Estimaci3n del gasto energ3tico en actividades de corta duraci3n y alta intensidad. 2012 , 5, 147-155	0
565	Nutrition strategies to improve physical capabilities in Duchenne muscular dystrophy. 2012 , 23, 187-99, xii-xiii	13
564	Efecto agudo del estiramiento activo sobre la fuerza y potencia de la flexi3n y extensi3n de rodilla. 2012 , 5, 127-133	1
563	Eating style, overeating and weight gain. A prospective 2-year follow-up study in a representative Dutch sample. 2012 , 59, 782-9	113
562	Physical activity during pregnancy and risk of hyperglycemia. 2012 , 21, 769-75	17

561	. 2012,	4
560	A short bout of stair climbing-descending exercise attenuates postprandial hyperglycemia in middle-aged males with impaired glucose tolerance. 2012, 37, 193-6	19
559	Changes in Health-Related Quality of Life and Functional Fitness With Exercise Training in Older Adults Who Attend Senior Centers. 2012, 36, 29-54	7
558	Maintenance of lifestyle changes: 3-year results of the Groningen Overweight and Lifestyle study. 2012, 88, 249-55	11
557	Treadmill running frequency on anxiety and hippocampal adenosine receptors density in adult and middle-aged rats. 2012, 36, 198-204	18
556	Impact of cerebral palsy on health-related physical fitness in adults: systematic review. 2012, 93, 871-81	30
555	Alternatives for randomization in lifestyle intervention studies in cancer patients were not better than conventional randomization. 2012, 65, 288-92	11
554	The SQUASH was a more valid tool than the OBiN for categorizing adults according to the Dutch physical activity and the combined guideline. 2012, 65, 73-81	63
553	The Exercising Together project: design and recruitment for a randomized, controlled trial to determine the benefits of partnered strength training for couples coping with prostate cancer. 2012, 33, 342-50	19
552	Study protocol: EXERcise and cognition in sedentary adults with early-ONset dementia (EXERCISE-ON). 2012, 12, 75	12
551	The effect of exercise on prescription on physical activity and wellbeing in a multi-ethnic female population: A controlled trial. 2012, 12, 758	16
550	The implementation of the functional task exercise programme for elderly people living at home. 2012, 13, 128	9
549	Assessing the effect of high-repetitive single limb exercises (HRSLE) on exercise capacity and quality of life in patients with chronic obstructive pulmonary disease (COPD): study protocol for randomized controlled trial. 2012, 13, 114	19
548	Inaccuracy of estimating peak work rate from six-minute walk distance in patients with COPD. 2012, 9, 281-8	9
547	Methods for Measurement of Physical Fitness and Training Recommendations in Studies on Humans. 2012, 79-107	9
546	Hydration status and fluid and sodium balance in elite Canadian junior women's soccer players in a cool environment. 2012, 37, 931-7	20
545	Exercise interventions on health-related quality of life for people with cancer during active treatment. <i>The Cochrane Library</i> , 2012, CD008465	5.2 295
544	Exercise interventions on health-related quality of life for cancer survivors. <i>The Cochrane Library</i> , 2012, CD007566	5.2 360

543	The impact of the frequency of moderate exercise on memory and brain-derived neurotrophic factor signaling in young adult and middle-aged rats. 2012 , 222, 100-9		15
542	Facteurs dterminant la pratique de l'activit' physique en Guadeloupe en population gnfale : r'sultats de l'enq'ue Aphyguad. 2012 , 27, 160-168		1
541	Physical Fitness and Exercise. 2012 , 103-119		2
540	Is water-based exercise training sufficient to improve physical fitness in the elderly?. 2012 , 9, 129-141		29
539	Prescripci' de la actividad f'sica adaptada al estado funcional de cada paciente. 2012 , 19, 392-401		
538	Anteroposterior and varus-valgus laxity of the knee increase after stair climbing in patients with mild osteoarthritis. 2012 , 32, 2823-8		6
537	Combined exercise for people with type 2 diabetes mellitus: a systematic review. 2012 , 98, 187-98		40
536	Protocol for cardiac assessment of recreational athletes. 2012 , 2012, 2132-5		2
535	Mesure instantan'e, ais'e et non invasive de la pression artfielle, de la fr'quence cardiaque et du dbit cardiaque: application en kin'sith'rapie. 2012 , 21, 765-771		
534	The effects of resistance training on cardiovascular disease risk factors in postmenopausal women: a randomized-controlled trial. 2012 , 33, 1072-85		21
533	Transient increase in homocysteine but not hyperhomocysteinemia during acute exercise at different intensities in sedentary individuals. <i>PLoS ONE</i> , 2012 , 7, e51185	3-7	9
532	Self-rated mental stress and exercise training response in healthy subjects. 2012 , 3, 51		9
531	Rowing as an aerobic and resistance exercise for elderly people. 2012 , 1, 227-234		2
530	Effect of Nordic walking on functional fitness in older adults. 2012 , 57, 449-454		2
529	Fitness level and physical capacity of commuter cyclists and the actual condition while cycling to work in Tokai region. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2012 , 61, 251-258	0-1	
528	Effectiveness of physical activity in reducing pain in patients with fibromyalgia: a blinded randomized clinical trial. 2012 , 32, 2285-92		62
527	A systematic review and meta-analysis of the effect of aerobic vs. resistance exercise training on visceral fat. 2012 , 13, 68-91		180
526	Differences in adaptations to 1 year of aerobic endurance training: individual patterns of nonresponse. 2012 , 22, 113-8		79

525	Submaximal exercise responses in tetraplegic, paraplegic and non spinal cord injured elite wheelchair athletes. 2012 , 22, 729-36	29
524	Pre-shift fluid intake: effect on physiology, work and drinking during emergency wildfire fighting. 2012 , 43, 532-40	23
523	Aerobic conditioning, blood pressure (BP) and body mass index (BMI) of older participants of the Brazilian Family Health Program (FHP) after 16 weeks of guided physical activity. 2012 , 54, 210-3	10
522	What makes a healthier nurse, workplace or leisure physical activity? Informed by the Australian and New Zealand e-Cohort Study. 2012 , 21, 1746-54	26
521	Heart rate response and factors affecting exercise performance during home- or class-based rehabilitation for knee replacement recipients: lessons for clinical practice. 2012 , 18, 449-58	6
520	Impacto dos programas de treino na qualidade de vida da mulher com incontinência urinária de esforço. 2012 , 30, 3-10	3
519	An appraisal of rehabilitation regimes used for improving functional outcome after total hip replacement surgery. 2012 , 4, 5	20
518	Physiological work demands of Spanish wildland firefighters during wildfire suppression. 2012 , 85, 221-8	38
517	Different methods for monitoring intensity during water-based aerobic exercises. 2012 , 112, 125-34	15
516	Effects of low-level laser therapy (808 nm) on isokinetic muscle performance of young women submitted to endurance training: a randomized controlled clinical trial. 2012 , 27, 497-504	74
515	Adaptations to aerobic interval training: interactive effects of exercise intensity and total work duration. 2013 , 23, 74-83	78
514	A prospective investigation of injury incidence and risk factors among army recruits in combat engineer training. 2013 , 8, 5	30
513	Estimating relative intensity using individualized accelerometer cutpoints: the importance of fitness level. 2013 , 13, 53	43
512	The six-minute walk test is an excellent predictor of functional ambulation after total knee arthroplasty. 2013 , 14, 145	65
511	A prospective investigation of injury incidence and injury risk factors among Army recruits in military police training. 2013 , 14, 32	44
510	Randomized controlled trial on the long-term efficacy of a multifaceted, interdisciplinary lifestyle intervention in reducing cardiovascular risk and improving lifestyle in patients at risk of cardiovascular disease. 2013 , 36, 212-24	17
509	Physical activity level improves after periacetabular osteotomy for the treatment of symptomatic hip dysplasia. 2013 , 471, 981-8	41
508	Influence of physical activity on vertebral strength during late adolescence. 2013 , 13, 184-9	8

507	Measuring habitual physical activity in adults with cystic fibrosis. 2013 , 107, 1888-94	20
506	Musical agency reduces perceived exertion during strenuous physical performance. 2013 , 110, 17784-9	69
505	Effects of high-intensity circuit training, low-intensity circuit training and endurance training on blood pressure and lipoproteins in middle-aged overweight men. 2013 , 12, 131	85
504	Development and evaluation of an intervention aiming to reduce fatigue in airline pilots: design of a randomised controlled trial. 2013 , 13, 776	10
503	Beschwerden im Bereich des Bewegungsapparats bei Pflegekräften in einem Krankenhaus der Schwerpunktversorgung in Sachsen-Anhalt. 2013 , 4, 136-141	1
502	Beneficial effects of 12 weeks of aerobic compared with resistance exercise training on perceived appetite in previously sedentary overweight and obese men. 2013 , 62, 235-43	71
501	Exercise therapy improves mental and physical health in schizophrenia: a randomised controlled trial. 2013 , 127, 464-73	147
500	Associations between Borg's rating of perceived exertion and physiological measures of exercise intensity. 2013 , 113, 147-55	339
499	Physical activity during pregnancy and postpartum depressive symptoms. 2013 , 29, 139-47	13
498	Effects of exercise in patients treated with stem cell transplantation for a hematologic malignancy: a systematic review and meta-analysis. 2013 , 39, 682-90	100
497	The effect of prescribed fluid consumption on physiology and work behavior of wildfire fighters. 2013 , 44, 404-13	20
496	Validity and psychometric evaluation of the French version of RPE scale in young fit males when monitoring training loads. 2013 , 28, e29-e35	34
495	Exercise therapy, cardiorespiratory fitness and their effect on brain volumes: a randomised controlled trial in patients with schizophrenia and healthy controls. 2013 , 23, 675-85	91
494	Automatic heart-rate-based selection of pedal load and control system for electric cart. 2013 , 23, 279-288	9
493	Systematic review of high-intensity progressive resistance strength training of the lower limb compared with other intensities of strength training in older adults. 2013 , 94, 1458-72	107
492	Effect of exercise training on diastolic function in metabolic syndrome. 2013 , 38, 545-50	7
491	Rationale and design of a randomized controlled, clinical trial investigating a comprehensive exercise stimulus for improving mobility disability outcomes in persons with multiple sclerosis. 2013 , 35, 151-8	10
490	Energy expenditure and sex differences of golf playing. 2013 , 31, 1045-53	9

489	Methods of prescribing relative exercise intensity: physiological and practical considerations. 2013 , 43, 613-25	156
488	Effects of different modes of exercise on appetite and appetite-regulating hormones. 2013 , 66, 26-33	46
487	Comparative effect of a 1 h session of electrical muscle stimulation and walking activity on energy expenditure and substrate oxidation in obese subjects. 2013 , 38, 57-65	11
486	Comparing physical exercise in groups to group cognitive behaviour therapy for the treatment of panic disorder in a randomized controlled trial. 2013 , 41, 408-32	30
485	Xbox Kinect [®] represents high intensity exercise for adults with cystic fibrosis. 2013 , 12, 604-8	21
484	Challenges in demonstrating the effectiveness of multidisciplinary treatment on quality of life, participation and health care utilisation in patients with fibromyalgia: a randomised controlled trial. 2013 , 32, 199-209	24
483	Physical activity and maternal-fetal circulation measured by Doppler ultrasound. 2013 , 33, 87-93	5
482	Resistance Training and Physical Exercise in Human Health. 2013 , 55-64	
481	Comparison of muscle hypertrophy following 6-month of continuous and periodic strength training. 2013 , 113, 975-85	54
480	Influence of inter-set stretching on strength, flexibility and hormonal adaptations. <i>Journal of Human Kinetics</i> , 2013 , 36, 127-35	2.6 14
479	Physical strain of handcycling: an evaluation using training guidelines for a healthy lifestyle as defined by the American College of Sports Medicine. 2013 , 36, 376-82	8
478	At cancer diagnosis: a 'window of opportunity' for behavioural change towards physical activity. A randomised feasibility study in patients with colon and breast cancer. 2013 , 3, e003556	22
477	Stappen ter preventie van type 2 diabetes: fysieke inspanning, meer lopen of minder zitten?. 2013 , 11, 28-36	
476	Exercise behaviors after burn injury. 2013 , 34, 529-36	8
475	Rehabilitation of the Patient with Cardiovascular Disease. 2013 , 738-746	
474	Exercise intensity levels in children with cerebral palsy while playing with an active video game console. 2013 , 93, 1084-91	33
473	Reference equations for the six-minute walk distance based on a Brazilian multicenter study. 2013 , 17, 556-63	118
472	Effect of cardiovascular training on fitness and perceived disease activity in people with ankylosing spondylitis. 2013 , 65, 1844-52	47

471	Advantage of meditation over exercise in reducing cold and flu illness is related to improved function and quality of life. 2013 , 7, 938-44		25
470	Resistance training congruent with minimal guidelines improves function in older adults: a pilot study. 2013 , 10, 769-76		6
469	Musculoskeletal Disorders in the Developing Child. 2013 , 211-222		
468	Exercise Intensity and Validity of the Ratings of Perceived Exertion (Borg and OMNI Scales) in an Indoor Cycling Session. <i>Journal of Human Kinetics</i> , 2013 , 39, 93-101	2.6	26
467	Efficacy of WBV as a modality for inducing changes in body composition, aerobic fitness, and muscular strength: a pilot study. 2014 , 9, 63-72		22
466	The assessment of dyspnea during the vigorous intensity exercise by three Dyspnea Rating Scales in inactive medical personnel. 2013 , 5, 19-29		2
465	Reliability and validity of heart rate variability threshold assessment during an incremental shuttle-walk test in middle-aged and older adults. 2013 , 46, 194-9		13
464	Effect of long-term resistance exercise on body composition, blood lipid factors, and vascular compliance in the hypertensive elderly men. 2013 , 9, 271-7		17
463	Towards integrated physical activity profiling. <i>PLoS ONE</i> , 2013 , 8, e56427	3.7	30
462	Metabolic and structural changes in lower-limb skeletal muscle following neuromuscular electrical stimulation: a systematic review. <i>PLoS ONE</i> , 2013 , 8, e69391	3.7	52
461	Metabolic risk profile among overweight and obese lactating women in Sweden. <i>PLoS ONE</i> , 2013 , 8, e63629		4
460	The blood lactate increase in high intensity exercise is depressed by <i>Acanthopanax sieboldianus</i> . 2013 , 5, 4134-44		8
459	Dropouts and compliance in exercise interventions targeting bone mineral density in adults: a meta-analysis of randomized controlled trials. 2013 , 2013, 250423		33
458	Reference values for the incremental shuttle walk test in healthy subjects: from the walk distance to physiological responses. 2013 , 39, 190-7		41
457	Cardiovascular program to improve physical fitness in those over 60 years old - pilot study. 2014 , 9, 1269-75		4
456	Higher household income and the availability of electronic devices and transport at home are associated with higher waist circumference in Colombian children: the ACFIES study. <i>International Journal of Environmental Research and Public Health</i> , 2014 , 11, 1834-43	4.6	11
455	Effects of general, specific and combined warm-up on explosive muscular performance. 2015 , 32, 123-8		34
454	Effects of exercise intensity on perceived exertion during multiple sets of bench press to volitional failure. 2014 , 3, 41-46		5

453	Effect of resistance training on non-alcoholic fatty-liver disease a randomized-clinical trial. 2014 , 20, 4382-92		77
452	Quadriceps muscle function after exercise in men and women with a history of anterior cruciate ligament reconstruction. <i>Journal of Athletic Training</i> , 2014 , 49, 740-6	4	14
451	A path model for evaluating dosing parameters for children with cerebral palsy. 2014 , 94, 411-21		53
450	Developing a measure of muscular power during a functional task for older adults. 2014 , 14, 145		31
449	Effects of occupational heat exposure on female brick workers in West Bengal, India. 2014 , 7, 21923		79
448	The acute effect of stretching on the kinematics of instep kicking in soccer. 2014 , 7, 69-78		4
447	Assessment of physical activity and energy expenditure: an overview of objective measures. 2014 , 1, 5		241
446	. 2014 ,		0
445	Tibial plateau lesions. Surface reconstruction with a biomimetic osteochondral scaffold: Results at 2 years of follow-up. 2014 , 45 Suppl 6, S121-5		28
444	Exercise programme with telephone follow-up for people with hand osteoarthritis - protocol for a randomised controlled trial. 2014 , 15, 82		9
443	Convergent validity of a brief self-reported physical activity questionnaire. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1570-7	1.2	27
442	Aerobic and strength training in concomitant metabolic syndrome and type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1293-301	1.2	32
441	Cardiovascular and affective outcomes of active gaming: using the nintendo wii as a cardiovascular training tool. 2014 , 28, 443-51		29
440	The effects of pole walking on arm lymphedema and cardiovascular fitness in women treated for breast cancer: a pilot and feasibility study. 2014 , 30, 236-42		8
439	Heart health risk assessment system: a nonintrusive proposal using ontologies and expert rules. <i>BioMed Research International</i> , 2014 , 2014, 959645	3	11
438	Effect of resistance training on body composition, self-efficacy, depression, and activity in postpartum women. 2014 , 24, 414-21		23
437	Dietary restraint and body mass change. A 3-year follow up study in a representative Dutch sample. 2014 , 76, 44-9		62
436	Identification of anaerobic threshold by analysis of heart rate variability during discontinuous dynamic and resistance exercise protocols in healthy older men. 2014 , 34, 98-108		13

435	Long-term effects of an outpatient rehabilitation program in patients with chronic recurrent low back pain. 2014 , 23, 779-85	25
434	Randomized controlled trial to evaluate the impact of aerobic exercise on visceral fat in overweight chronic kidney disease patients. 2014 , 29, 857-64	64
433	Physical exercise as therapy for type 2 diabetes mellitus. 2014 , 30 Suppl 1, 13-23	90
432	Impact of compliance with different guidelines on physical activity during pregnancy and perceived barriers to leisure physical activity. 2014 , 32, 1398-408	40
431	Resistance training increases skeletal muscle oxidative capacity and net intramuscular triglyceride breakdown in type I and II fibres of sedentary males. 2014 , 99, 894-908	28
430	Resistance exercise at variable volume does not reduce postprandial lipemia in postmenopausal women. 2014 , 36, 869-79	6
429	Are exercise programs effective for improving health-related quality of life among cancer survivors? A systematic review and meta-analysis. 2014 , 41, E326-42	105
428	The effect of air permeability and water vapor permeability of cleanroom clothing on physiological responses and wear comfort. 2014 , 11, 366-76	27
427	Limited effects of exercises in people with hand osteoarthritis: results from a randomized controlled trial. 2014 , 22, 1224-33	38
426	Whole body vibration: unsupervised training or combined with a supervised multi-purpose exercise for fitness?. 2014 , 32, 1033-41	10
425	Cox decompression manipulation and guided rehabilitation of a patient with a post surgical c6-c7 fusion with spondylotic myelopathy and concurrent L5-s1 radiculopathy. 2014 , 13, 110-5	
424	Physical activity and exercise during pregnancy. 2014 , 16, 2-9	12
423	Effects of physical therapy for the management of patients with ankylosing spondylitis in the biological era. 2014 , 33, 1217-30	22
422	Preoperative exercise therapy for elective major abdominal surgery: a systematic review. 2014 , 12, 134-40	70
421	Effects of physical therapist-guided quadriceps-strengthening exercises for the treatment of patellofemoral pain syndrome: a systematic review. 2014 , 44, 391-402, B1	45
420	Exercise and cardiometabolic risk factors in graduate students: a longitudinal, observational study. 2014 , 62, 47-56	11
419	Effect of a physical conditioning versus health promotion intervention in dancers: a randomized controlled trial. 2014 , 19, 562-8	14
418	Accuracy of the SenseWear Armband Mini and the BodyMedia FIT in resistance training. 2014 , 17, 630-4	18

417	Anaerobic Threshold and Salivary Amylase during Incremental Exercise. <i>Journal of Physical Therapy Science</i> , 2014 , 26, 1059-63	1	9
416	Ventilatory requirements of quadriceps resistance training in people with COPD and healthy controls. 2014 , 9, 589-95		8
415	Effectiveness of three different walking prescription durations on total physical activity in normal- and overweight women. 2014 , 7, 264-73		16
414	High-intensity exercise causes greater irisin response compared with low-intensity exercise under similar energy consumption. 2014 , 233, 135-40		92
413	Activit�s physiques et sant� psychologiques des sujets bless�s m�dullaires. 2014 , 19-33		
412	Intensity thresholds for aerobic exercise-induced hypoalgesia. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 817-25	1.2	66
411	Long-term effects of the RealFit intervention on body composition, aerobic fitness, and behavior. 2014 , 10, 383-91		5
410	Effect of low-level laser therapy (904 nm) and static stretching in patients with knee osteoarthritis: a protocol of randomised controlled trial. 2015 , 16, 252		11
409	Exercise and Physical Activity for the Post-Aortic Dissection Patient: The Clinician's Conundrum. 2015 , 38, 647-51		28
408	Does aerobic exercise affect the hypothalamic-pituitary-adrenal hormonal response in patients with fibromyalgia syndrome?. <i>Journal of Physical Therapy Science</i> , 2015 , 27, 2225-31	1	17
407	Changes in cardiopulmonary function in normal adults after the Rockport 1 mile walking test: a preliminary study. <i>Journal of Physical Therapy Science</i> , 2015 , 27, 2559-61	1	5
406	Expedited CO2 respiration in people with Miltenberger erythrocyte phenotype GP.Mur. 2015 , 5, 10327		6
405	The effects of physical activity interventions on preventing weight gain and the effects on body composition in young adults with intellectual disabilities: systematic review and meta-analysis of randomized controlled trials. 2015 , 5, 198-210		16
404	Effect of Caffeine on Elderly Men with Mild Functional Impairment. 2015 , 5, 149-154		
403	Alpine Skiing With total knee ArthroPlasty (ASWAP): study design and intervention. 2015 , 25 Suppl 2, 3-9		14
402	Exercise practices in individuals at clinical high risk of developing psychosis. 2015 , 9, 284-91		16
401	Alpine Skiing With total knee ArthroPlasty (ASWAP): physical activity, knee function, pain, exertion, and well-being. 2015 , 25 Suppl 2, 74-81		11
400	Long-term efficacy of intensive cycle ergometer exercise training program for advanced COPD patients. 2015 , 10, 133-44		14

399	Heart rate and oxygen demand of powered exoskeleton-assisted walking in persons with paraplegia. 2015 , 52, 147-58		93
398	Short-term follow-up of exercise training program and beta-blocker treatment on quality of life in dogs with naturally acquired chronic mitral valve disease. 2015 , 48, 886-94		5
397	Motives for physical activity participation in Turkish primary school students. 2015 , 10, 2944-2951		1
396	Plasma Matrix Metalloproteinase-9 Levels Predict First-Time Coronary Heart Disease: An 8-Year Follow-Up of a Community-Based Middle Aged Population. <i>PLoS ONE</i> , 2015 , 10, e0138290	3-7	22
395	When Intervention Meets Organisation, a Qualitative Study of Motivation and Barriers to Physical Exercise at the Workplace. 2015 , 2015, 518561		26
394	Effects of Light Intensity Activity on CVD Risk Factors: A Systematic Review of Intervention Studies. <i>BioMed Research International</i> , 2015 , 2015, 596367	3	26
393	Efficacy of Tiotropium Bromide and Rehabilitation Treatment on Pulmonary Function of Patients With Sulfur Mustard Lung Injury. 2015 , 17, e20026		2
392	A standardized randomized 6-month aerobic exercise-training down-regulated pro-inflammatory genes, but up-regulated anti-inflammatory, neuron survival and axon growth-related genes. 2015 , 69, 159-69		14
391	A 12-month, moderate-intensity exercise training program improves fitness and quality of life in adults with asthma: a controlled trial. 2015 , 15, 56		19
390	Muscular and functional effects of partitioning exercising muscle mass in patients with chronic obstructive pulmonary disease - a study protocol for a randomized controlled trial. 2015 , 16, 194		7
389	Comparative utility of time and frequency HRV domains for automated classification of exercise exertion levels. 2015 ,		0
388	Predicting Cardiopulmonary Response to Incremental Exercise Test. 2015 ,		1
387	Effects of whole-body vibration on proxies of muscle strength in old adults: a systematic review and meta-analysis on the role of physical capacity level. 2015 , 12, 12		33
386	Effect of Low-intensity Exercise on Physical and Cognitive Health in Older Adults: a Systematic Review. 2015 , 1, 37		51
385	Estimation of Calories Consumption for Aerobics Using Kinect Based Skeleton Tracking. 2015 ,		3
384	Impact of home-based aerobic exercise on the physical capacity of overweight patients with chronic kidney disease. 2015 , 47, 359-67		45
383	Pelvic floor dysfunction, prevention and treatment in elite athletes. 2015 , 397-407		2
382	Pelvic floor and exercise science. 2015 , 111-130		0

381	Female pelvic floor dysfunctions and evidence-based physical therapy. 2015 , 131-270	1
380	Functional electrical stimulation: cardiorespiratory adaptations and applications for training in paraplegia. 2015 , 45, 71-82	40
379	Mediterranean Diet and Fitness. 2015 , 513-518	
378	Fluid intake, hydration, work physiology of wildfire fighters working in the heat over consecutive days. 2015 , 59, 554-65	13
377	Relationships between facial temperature changes, end-exercise affect and during-exercise changes in affect: a preliminary study. 2015 , 15, 161-6	4
376	Effect of 12 Weeks of Whole-Body Vibration Versus Multi-Component Training in Post-Menopausal Women. 2015 , 18, 508-16	15
375	Physical Activity and Health: "What is Old is New Again". 2015 , 75, 77-95	41
374	A Single Bout of Aerobic Exercise Reduces Anxiety Sensitivity But Not Intolerance of Uncertainty or Distress Tolerance: A Randomized Controlled Trial. 2015 , 44, 252-63	29
373	Long-term impact of pre-operative physical rehabilitation protocol on the 6-min walk test of patients with adolescent idiopathic scoliosis: A randomized clinical trial. 2015 , 21, 138-43	8
372	Higher levels of physical fitness are associated with a reduced risk of suffering sarcopenic obesity and better perceived health among the elderly: the EXERNET multi-center study. 2015 , 19, 211-7	38
371	Influence of repeated effort induced by a 6-min walk test on postural response in older sedentary women. 2015 , 27, 695-701	6
370	Rapid onset pressor and sympathetic responses to static handgrip in older hypertensive adults. 2015 , 29, 402-8	22
369	A convenient prediction model for complete recovery time after exhaustion in high-intensity work. 2015 , 58, 1433-44	4
368	Effects of Regular Exercise on Arterial Stiffness. 2015 , 185-201	1
367	Influence of antenatal physical exercise on haemodynamics in pregnant women: a flexible randomisation approach. 2015 , 15, 186	5
366	Moderate-to-vigorous physically active academic lessons and academic engagement in children with and without a social disadvantage: a within subject experimental design. 2015 , 15, 404	27
365	Exercise training at the maximal fat oxidation intensity improved health-related physical fitness in overweight middle-aged women. 2015 , 13, 111-116	11
364	Do Changes in Tympanic Temperature Predict Changes in Affective Valence During High-Intensity Exercise?. 2015 , 86, 252-9	

363	Exercise as a Polypill for Chronic Diseases. 2015 , 135, 497-526		43
362	Development of an evidence-based exercise programme for people with hand osteoarthritis. 2015 , 22, 103-16		15
361	Strategies for promoting physical activity in clinical practice. 2015 , 57, 375-86		141
360	Effects of 2 different swallowing exercise regimens during organ-preservation therapies for head and neck cancers on swallowing function. 2015 , 37, 162-70		43
359	Effect of home-based hand exercises in women with hand osteoarthritis: a randomised controlled trial. 2015 , 74, 1501-8		35
358	The influence of active seating on car passengers' perceived comfort and activity levels. 2015 , 47, 211-9		40
357	Physical activity and cardiorespiratory fitness as major markers of cardiovascular risk: their independent and interwoven importance to health status. 2015 , 57, 306-14		377
356	Predictors for health improvement in patients with fibromyalgia: a 2-year follow-up study. 2015 , 34, 133-41		3
355	Salutary effects of high-intensity interval training in persons with elevated cardiovascular risk. 2016 , 5,		10
354	Effects of aerobic training combined with respiratory muscle stretching on the functional exercise capacity and thoracoabdominal kinematics in patients with COPD: a randomized and controlled trial. 2016 , 11, 2691-2700		29
353	Pain Characteristics after Total Laparoscopic Hysterectomy. 2016 , 13, 562-8		32
352	Effect of 6-Month Walking and Stair-Climbing Exercise Program and Walking with Blood Flow Restriction on Body Composition and Hemoglobin A1c Levels in Elderly People. 2016 , 62, 231-235		
351	Aerobic Exercise Training and Arterial Changes in African Americans versus Caucasians. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 90-7	1.2	7
350	Physical activity of relatively high intensity in mid-pregnancy predicts lower glucose tolerance levels. 2016 , 95, 1055-62		5
349	Fatigue, Cognitive Performance, and Subjective Recovery Time Estimation in High-Intensity Work. 2016 , 4, 141-150		2
348	Exercise and Arrhythmias: A Double-Edged Sword. 2016 , 39, 748-62		10
347	Physical fitness training for stroke patients. <i>The Cochrane Library</i> , 2016 , 3, CD003316	5.2	94
346	Stair climbing/descending exercise for a short time decreases blood glucose levels after a meal in people with type 2 diabetes. 2016 , 4, e000232		21

345	A single exercise bout enhances the manufacture of viral-specific T-cells from healthy donors: implications for allogeneic adoptive transfer immunotherapy. 2016 , 6, 25852		16
344	Laparoscopic Roux-en-Y Gastric Bypass: Surgical Technique and Perioperative Care. 2016 , 96, 773-94		23
343	Physiotherapy for cystic fibrosis in Australia and New Zealand: A clinical practice guideline. 2016 , 21, 656-67		66
342	Does occupational therapy reduce the need for surgery in carpometacarpal osteoarthritis? Protocol for a randomized controlled trial. 2016 , 17, 473		2
341	Endurance Exercise Training in Young Adults with Barth Syndrome: A Pilot Study. 2017 , 32, 15-24		16
340	The reinforcing effect of exercise in anorexia nervosa: Clinical correlates and relationship to outcome. 2016 , 24, 412-23		5
339	Effectiveness of aquatic exercise on reduction B-type natriuretic peptide values in postmenopausal hypertensive women: a randomized clinical trial. <i>Sport Sciences for Health</i> , 2016 , 12, 255-260	1,3	
338	Training Persons with Spinal Cord Injury to Ambulate Using a Powered Exoskeleton. 2016 ,		33
337	Water-based training enhances both physical capacities and body composition in healthy young adult women. <i>Sport Sciences for Health</i> , 2016 , 12, 195-207	1,3	8
336	Accuracy of the vivofit activity tracker. 2016 , 40, 298-306		25
335	Dementia and Physical Activity (DAPA) - an exercise intervention to improve cognition in people with mild to moderate dementia: study protocol for a randomized controlled trial. 2016 , 17, 165		15
334	Functional training and timed nutrition intervention in infectious medical patients. 2016 , 70, 1039-45		3
333	Physiological responses and exercise preference between the Trikke and the bicycle ergometer. 2016 , 14, 7-13		1
332	Resource utilisation and direct costs in patients with recently diagnosed fibromyalgia who are offered one of three different interventions in a randomised pragmatic trial. 2016 , 35, 1307-15		6
331	A comparison of two stretching programs for hamstring muscles: A randomized controlled assessor-blinded study. 2016 , 32, 53-62		3
330	Heart rate response to different training phases in young female acrosport athletes. <i>Sport Sciences for Health</i> , 2016 , 12, 21-26	1,3	1
329	Investigating the Relative Exercise Intensity of Exergames in Prepubertal Children. 2016 , 5, 135-40		10
328	Krafttrainingstherapie bei männlichen Polizeibeamten mit chronischen lumbalen Rückenschmerzen. 2016 , 66, 10-19		0

327	Physical Activity, Sedentary Behaviours, and Cardiovascular Health: When Will Cardiorespiratory Fitness Become a Vital Sign?. 2016 , 32, 505-13	84
326	Classifying work rate from heart rate measurements using an adaptive neuro-fuzzy inference system. 2016 , 54, 158-68	17
325	A specific prediction equation is necessary to estimate peak oxygen uptake in obese patients with metabolic syndrome. 2016 , 39, 635-42	11
324	6-Min walk-test data in healthy North-African subjects aged 16-40 years. 2016 , 65, 349-360	1
323	Effects of a multidisciplinary programme on postural stability in patients with chronic recurrent low back pain: preliminary findings. 2016 , 25, 1219-25	5
322	Physical activity and sedentary behaviour of adults with mental illness. 2016 , 19, 579-84	13
321	One year of training with FES has impressive beneficial effects in a 36-year-old woman with spinal cord injury. 2017 , 40, 107-112	18
320	Exergaming for individuals with neurological disability: a systematic review. 2017 , 39, 727-735	47
319	Motor activation in people with profound intellectual and multiple disabilities in daily practice. 2017 , 42, 1-11	21
318	Ageing and free-living daily physical activity effects on salivary beta-defensin 2 secretion. 2017 , 35, 617-623	6
317	Physical Fitness and Body Composition Two Years after Roux-En-Y Gastric Bypass in Adolescents. 2017 , 27, 330-337	15
316	Exercise for hand osteoarthritis. <i>The Cochrane Library</i> , 2017 , 1, CD010388	5.2 25
315	Objective functional results in patients with knee osteoarthritis submitted to a 2-day educational programme: a prospective randomised clinical trial. <i>BMJ Open Sport and Exercise Medicine</i> , 2016 , 2, e000200	5
314	Fat in the lumbar multifidus muscles - predictive value and change following disc prosthesis surgery and multidisciplinary rehabilitation in patients with chronic low back pain and degenerative disc: 2-year follow-up of a randomized trial. 2017 , 18, 145	23
313	Time course of upper limb function and return-to-work post-radiotherapy in young adults with breast cancer: a pilot randomized control trial on effects of targeted exercise program. 2017 , 11, 791-799	14
312	Arterial stiffness in young adult swimmers. 2017 , 117, 131-138	23
311	Effect of Exercise Training on the Frequency of Contracture-Release Surgeries in Burned Children. 2017 , 79, 346-349	4
310	Aerobic or Resistance Exercise, or Both, in Dieting Obese Older Adults. 2017 , 376, 1943-1955	269

309	Cardiorespiratory Reference Data in Older Adults: The Generation 100 Study. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 2206-2215	1.2	20
308	Walking football as sustainable exercise for older adults - A pilot investigation. 2017 , 17, 638-645		25
307	Effect of Exercise on Ovulation: A Systematic Review. 2017 , 47, 1555-1567		43
306	Exergaming for Individuals with Spinal Cord Injury: A Pilot Study. 2017 , 6, 279-289		7
305	Different times of day do not change heart rate variability recovery after light exercise in sedentary subjects: 24 hours Holter monitoring. 2017 , 34, 1354-1365		6
304	Influence of aerobic fitness on vasoreactivity in young men. 2017 , 117, 2075-2083		14
303	Understanding the Science of Resistance Training: An Evolutionary Perspective. 2017 , 47, 2415-2435		32
302	Time-of-day effects of exposure to solar radiation on thermoregulation during outdoor exercise in the heat. 2017 , 34, 1224-1238		20
301	Efficacy of a multidisciplinary pulmonary rehabilitation outpatient program on exacerbations in overweight and obese patients with asthma. 2017 , 129, 655-664		4
300	Evaluation of the Glittre-ADL test as an instrument for classifying functional capacity of individuals with cardiovascular diseases. 2017 , 21, 321-328		15
299	Rehabilitation in the Acute Versus Outpatient Setting. 2017 , 44, 729-735		7
298	Exercise Type in Dieting Obese Older Adults. 2017 , 377, 599-600		6
297	The Effects of Acute Exercise on Mood, Cognition, Neurophysiology, and Neurochemical Pathways: A Review. 2017 , 2, 127-152		223
296	Similar cardiometabolic effects of high- and moderate-intensity training among apparently healthy inactive adults: a randomized clinical trial. 2017 , 15, 118		9
295	A Mindfulness-Based Lifestyle Intervention for Obese, Inactive Endometrial Cancer Survivors: A Feasibility Study. 2017 , 16, 263-275		9
294	APOE ϵ 4 impacts up-regulation of brain-derived neurotrophic factor after a six-month stretch and aerobic exercise intervention in mild cognitively impaired elderly African Americans: A pilot study. 2017 , 87, 129-136		34
293	Effects of four-month handbike training under free-living conditions on physical fitness and health in wheelchair users. 2017 , 39, 1581-1588		16
292	Risk factors for fatigue among airline pilots. 2017 , 90, 39-47		16

291	Participation in Recreational Athletics After Operative Fixation of Tibial Plateau Fractures: Predictors and Functional Outcomes of Those Getting Back in the Game. 2017 , 5, 2325967117743916		7
290	Effects of Exercise on Cognitive Function in Older People with Dementia: A Randomized Controlled Trial. 2017 , 60, 323-332		35
289	Obesity in adolescents and the risk factors. 2018 , 64, 37-45		3
288	Cardiac Autonomic Responses during Exercise and Post-exercise Recovery Using Heart Rate Variability and Systolic Time Intervals-A Review. 2017 , 8, 301		199
287	Effects of Heat Stress on Construction Labor Productivity in Hong Kong: A Case Study of Rebar Workers. <i>International Journal of Environmental Research and Public Health</i> , 2017 , 14,	4.6	60
286	Relationship between Obesity and Cognitive Function in Young Women: The Food, Mood and Mind Study. 2017 , 2017, 5923862		32
285	Effects of a Twelve-Week Weight Reduction Exercise Programme on Selected Spatiotemporal Gait Parameters of Obese Individuals. 2017 , 2017, 4193256		5
284	Reference Equations for the Six-Minute Walk Distance in the Healthy Chinese Han Population, Aged 18-30 Years. 2017 , 17, 119		10
283	The effect of the training with the different combinations of frequency and peak-to-peak vibration displacement of whole-body vibration on the strength of knee flexors and extensors. 2017 , 34, 127-136		8
282	Short-term combined exercise training improves cardiorespiratory fitness and autonomic modulation in cancer patients receiving adjuvant therapy. 2017 , 13, 599-607		6
281	Feasibility of an exercise intervention for fatigued breast cancer patients at a community-based cardiac rehabilitation program. 2017 , 9, 29-39		30
280	Feasibility, safety, and efficacy of aerobic training in pretreated patients with metastatic breast cancer: A randomized controlled trial. 2018 , 124, 2552-2560		48
279	Physical exercise prior to hematopoietic stem cell transplantation: A feasibility study. 2018 , 34, 747-756		26
278	Low ALT blood levels are associated with lower baseline fitness amongst participants of a cardiac rehabilitation program. 2018 , 16, 1-4		8
277	Recreational team sports: The motivational medicine. 2018 , 7, 129-131		15
276	An Outsourced Health-enhancing Physical Activity Program for People with Rheumatoid Arthritis: Study of the Maintenance Phase. 2018 , 45, 1093-1100		8
275	Home-based versus center-based aerobic exercise on cardiopulmonary performance, physical function, quality of life and quality of sleep of overweight patients with chronic kidney disease. 2018 , 22, 87-98		32
274	Regular aerobic exercise and blood pressure in East Asians: A meta-analysis of randomized controlled trials. 2018 , 40, 378-389		22

273	Cardiorespiratory demand of acute voluntary cycling with functional electrical stimulation in individuals with multiple sclerosis with severe mobility impairment. 2018 , 43, 71-76		9
272	Effects of exergaming on cardiovascular risk factors and adipokine levels in women. 2018 , 68, 671-678		10
271	The effect of aerobic dance intervention on brain spontaneous activity in older adults with mild cognitive impairment: A resting-state functional MRI study. 2019 , 17, 715-722		16
270	Tendon Remodeling in Response to Resistance Training, Anabolic Androgenic Steroids and Aging. <i>Cells</i> , 2018 , 7,	7.9	8
269	Executive Summary of the 2018 Joint Consensus Document on 'Cardiovascular Disease Prevention in Italy. 2018 , 25, 327-341		12
268	Physical activity-related injuries among university students: a multicentre cross-sectional study in China. 2018 , 8, e021845		9
267	The impact of pulmonary rehabilitation on severe physical inactivity in patients with chronic obstructive pulmonary disease: a pilot study. 2018 , 13, 3359-3365		5
266	Aerobic exercise program with or without motor complexity as an add-on to the pharmacological treatment of depression - study protocol for a randomized controlled trial. 2018 , 19, 545		
265	Exercise and Cancer Survivors: Lessons Learned from a Multi-Faceted Model for Exercise Prescription. 2018 , 3,		3
264	Exercise for cognitive brain health in aging: A systematic review for an evaluation of dose. 2018 , 8, 257-265		67
263	Validity of the Low-Impact Dance for exercise-based cardiac rehabilitation program. 2018 , 21, 9-15		2
262	Socioeconomic Correlates and Determinants of Cardiorespiratory Fitness in the General Adult Population: a Systematic Review and Meta-Analysis. 2018 , 4, 25		13
261	Effectiveness of a Lifestyle Intervention on Social Support, Self-Efficacy, and Physical Activity among Older Adults: Evaluation of Texercise Select. <i>International Journal of Environmental Research and Public Health</i> , 2018 , 15,	4.6	14
260	Robotic Rehabilitation and Spinal Cord Injury: a Narrative Review. 2018 , 15, 604-617		68
259	Tai Chi Chuan in postsurgical non-small cell lung cancer patients: study protocol for a randomized controlled trial. 2018 , 19, 2		7
258	Precision Physical Therapy: Exercise, the Epigenome, and the Heritability of Environmentally Modified Traits. 2018 , 98, 946-952		6
257	Compositional Analysis of the Associations between 24-h Movement Behaviours and Health Indicators among Adults and Older Adults from the Canadian Health Measure Survey. <i>International Journal of Environmental Research and Public Health</i> , 2018 , 15,	4.6	34
256	The Applicability of a High-Intensity Functional Exercise Program Among Older People With Dementia Living in Nursing Homes. 2019 , 42, E16-E24		13

255	The Role of Exercise as a Non-pharmacological Therapeutic Approach for Amyotrophic Lateral Sclerosis: Beneficial or Detrimental?. 2019 , 10, 783	28
254	The Effect of Low-Volume High-Intensity Interval Training on Body Composition and Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. 2019 , 49, 1687-1721	62
253	The Role of Pulmonary Rehabilitation in Patients with Idiopathic Pulmonary Fibrosis. 2019 ,	2
252	A longitudinal analysis of the U.S. Air Force reserve officers' training corps physical fitness assessment. 2019 , 6, 30	3
251	Pilates Method Improves Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis. 2019 , 8,	15
250	Exercise and sport science australia position stand update on exercise and hypertension. 2019 , 33, 837-843	24
249	Is the Effect of a High-Intensity Functional Exercise Program on Functional Balance Influenced by Applicability and Motivation among Older People with Dementia in Nursing Homes?. 2019 , 23, 1011-1020	2
248	Quality of resistance training description in COPD trials: study protocol for a systematic review. 2019 , 9, e025030	5
247	Adherence to Exercise Programs in Older Adults: Informative Report. 2019 , 5, 2333721418823604	56
246	Utility of preoperative exercise therapy in reducing postoperative morbidity after surgery; a clinical overview of current evidence. 2019 , 17, 395-412	2
245	Holistic physical exercise training improves physical literacy among physically inactive adults: a pilot intervention study. 2019 , 19, 393	16
244	The effectiveness of walking versus exercise on pain and function in chronic low back pain: a systematic review and meta-analysis of randomized trials. 2019 , 41, 622-632	38
243	Measuring physical activity levels in hospitalized patients: a comparison between behavioural mapping and data from an accelerometer. 2019 , 33, 1233-1240	15
242	Effectiveness of HIIT compared to moderate continuous training in improving vascular parameters in inactive adults. 2019 , 18, 42	24
241	Physical exercise training for type 3 spinal muscular atrophy. <i>The Cochrane Library</i> , 2019 , 3, CD012120	5.2 15
240	Mixed exercise training for adults with fibromyalgia. <i>The Cochrane Library</i> , 2019 , 5, CD013340	5.2 22
239	Analgesic effect of trigger point injection and EMLA for shoulder pain in patients undergoing total laparoscopic hysterectomy: A randomized controlled study. 2019 , 98, e14087	2
238	Exercise Training Induced Changes In Nuclear Magnetic Resonance-Measured Lipid Particles In Mild Cognitively Impaired Elderly African American Volunteers: A Pilot Study. 2019 , 14, 2115-2123	3

237	The Immediate Effects of Acute Aerobic Exercise on Cognition in Healthy Older Adults: A Systematic Review. 2019 , 49, 67-82		18
236	How does exercise treatment compare with antihypertensive medications? A network meta-analysis of 391 randomised controlled trials assessing exercise and medication effects on systolic blood pressure. 2019 , 53, 859-869		111
235	Sleep patterns and nocturnal cardiac autonomic activity in female athletes are affected by the timing of exercise and match location. 2019 , 36, 360-373		15
234	Associations of Resistance Exercise with Cardiovascular Disease Morbidity and Mortality. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 499-508	1.2	46
233	Effects of Aerobic Exercise Alone on Lipids in Healthy East Asians: A Systematic Review and Meta-Analysis. 2019 , 26, 488-503		13
232	Physiological responses to hypoxic constant-load and high-intensity interval exercise sessions in healthy subjects. 2019 , 119, 123-134		8
231	Tongue-Strengthening Exercises in Healthy Older Adults: Does Exercise Load Matter? A Randomized Controlled Trial. 2019 , 34, 315-324		23
230	Aerobic exercise alleviates depressive symptoms in patients with a major non-communicable chronic disease: a systematic review and meta-analysis. 2020 , 54, 272-278		11
229	Supervised Group Exercise in Axial Spondyloarthritis: Patients' Satisfaction and Perspective on Evidence-Based Enhancements. 2020 , 72, 829-837		11
228	Physical Activity, Exercise, and Physiotherapy in Parkinson's Disease: Defining the Concepts. 2020 , 7, 7-15		20
227	Effects of exergaming in postmenopausal women with high cardiovascular risk: A randomized controlled trial. 2020 , 43, 363-370		5
226	The physiological and perceptual responses of stand-up paddle board exercise in a laboratory- and field-setting. 2020 , 20, 1023-1033		
225	A new aerobic fitness score based on lactate sensing during submaximal exercise. 2020 , 45, 784-792		1
224	Poor reporting of physical activity and exercise interventions in youth mental health trials: A brief report. 2021 , 15, 1414-1422		2
223	Effects of In-Bed Cycle Exercise in Patients With Acute Stroke: A Randomized Controlled Trial. 2020 , 2, 100085		1
222	Exercise, Comorbidities, and Health-Related Quality of Life in People Living with HIV: The HIBES Cohort Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	3
221	The Acceptability and Feasibility of Using Text Messaging to Support the Delivery of Physical Health Care in those Suffering from a Psychotic Disorder: a Review of the Literature. 2020 , 91, 1305-1316		2
220	. 2020 ,		3

219	Effects of continuous aerobic exercise on lung function and quality of life with asthma: a systematic review and meta-analysis. 2020 , 12, 4781-4795		6
218	Coronavirus (COVID-19), Coagulation, and Exercise: Interactions That May Influence Health Outcomes. 2020 , 46, 807-814		9
217	Acute Physiological Responses to High-Intensity Resistance Circuit Training vs. Traditional Strength Training in Soccer Players. 2020 , 9,		3
216	Patterns of leisure time and household physical activity and the risk of mortality among middle-aged Korean adults. <i>PLoS ONE</i> , 2020 , 15, e0234852	3-7	1
215	Physical fitness training for stroke patients. <i>The Cochrane Library</i> , 2020 , 3, CD003316	5-2	32
214	Perspectives on Exercise Intensity, Volume and Energy Expenditure in Habitual Cycle Commuting. 2020 , 2, 65		4
213	Seasonal Variation in Physical Activity among Preoperative Patients with Lung Cancer Determined Using a Wearable Device. 2020 , 9,		4
212	Physical activity and exercise in youth mental health promotion: a scoping review. <i>BMJ Open Sport and Exercise Medicine</i> , 2020 , 6, e000677	3-4	54
211	Employee Physical Activity: A Multidisciplinary Integrative Review. 2021 , 47, 144-170		8
210	Motor learning outcomes of handrim wheelchair propulsion during active spinal cord injury rehabilitation in comparison with experienced wheelchair users. 2021 , 43, 1429-1442		1
209	Integrated Meditation and Exercise Therapy: A Randomized Controlled Pilot of a Combined Nonpharmacological Intervention Focused on Reducing Disability and Pain in Patients with Chronic Low Back Pain. 2021 , 22, 444-458		7
208	Recreational exercise is associated with lower prevalence of depression and anxiety and better quality of life in German people living with HIV. 2021 , 1-6		0
207	Hemodynamic responses to In-Bed Cycle Exercise in the acute phase after moderate to severe stroke: A randomized controlled trial. 2021 , 23, 1077-1084		1
206	Outpatient Cardiac Rehabilitation Suppresses Deterioration of Renal Function in Patients \geq 5 Years of Age With Heart Disease. 2021 , 85, 612-622		2
205	The Role of Exercise, Diet, and Cytokines in Preventing Obesity and Improving Adipose Tissue. 2021 , 13,		7
204	Physical Exercise in Managing Takayasu Arteritis Patients Complicated With Cardiovascular Diseases. <i>Frontiers in Cardiovascular Medicine</i> , 2021 , 8, 603354	5-4	0
203	Determining the effect size of aerobic exercise training on the standard lipid profile in sedentary adults with three or more metabolic syndrome factors: a systematic review and meta-analysis of randomised controlled trials. 2021 ,		3
202	Validation of Data Imputation by Ensemble Averaging to Quantify 24-h Behavior Using Heart Rate of Stroke Rehabilitation Inpatients. 2021 , 41, 322-330		0

201	Work efficiency and physical workload during the manual debarking of Scotch pine trees. 1-10		0
200	Blood Pressure Changes After a Health Promotion Program Among Mexican Workers. 2021 , 9, 683655		
199	Machine Learning Approach for Fatigue Estimation in Sit-to-Stand Exercise. 2021 , 21,		2
198	Rehabilitative Exercise Training for Burn Injury. 2021 , 51, 2469-2482		2
197	Causal mediation analysis between resistance exercise and reduced risk of cardiovascular disease based on the Aerobics Center Longitudinal Study. 1-18		
196	The effects of various strength training intensities on blood cardiovascular risk markers in healthy men. 2021 ,		
195	Methodology of a home-based motor control exercise and ergonomic intervention programme for community-dwelling older people: The McHeELP study. 2021 , 6, 153-162		1
194	Aerobic Exercise Attenuates Pain Sensitivity: An Event-Related Potential Study. 2021 , 15, 735470		9
193	An Innovative Approach for a Hip Disorders Rehabilitation. 2022 , 38-50		
192	A Data-Driven Approach to Physical Fatigue Management Using Wearable Sensors to Classify Four Diagnostic Fatigue States. 2021 , 21,		0
191	Practicing Sport in Cold Environments: Practical Recommendations to Improve Sport Performance and Reduce Negative Health Outcomes. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	0
190	Body composition adaptations to lower-body plyometric training: a systematic review and meta-analysis.. 2022 , 39, 273-287		2
189	Physiological Exercise and Post-Exercise Effects of Inverse Sequences of Combined Bench-Step Aerobics and Resistance Exercise. <i>Journal of Human Kinetics</i> , 2021 , 77, 61-70	2.6	0
188	Physical Activity for Cancer Survivors. 2007 , 249-268		2
187	Cardiac Rehabilitation. 2012 , 215-243		1
186	Exercise in Patients with Cardiovascular Disease. 2007 , 169-183		1
185	Exercise and Fitness. 2007 , 77-87		4
184	Exploring Haptic Feedback in Exergames. 2011 , 18-35		11

183	5 Training bij kinderen. 2008 , 62-92		1
182	Therapeutic Exercise. 2011 , 403-426		2
181	Strategies for prevention. 173-176		2
180	Short-term exercise training improves body composition and hyperlipidaemia in HIV-positive individuals with lipodystrophy. 2001 , 15, 2049-51		82
179	Fitness and perceived exertion in patients with fibromyalgia syndrome. 2000 , 16, 209-13		45
178	Exercise and older adults: changing behavior with the transtheoretical model. 2002 , 21, 51-61; quiz 61-3		46
177	Eccentric Strength Training Prescription for Older Adults. 2000 , 15, 29-40		13
176	Resistance Training Recommendations for Older Adults. 2000 , 15, 60-69		8
175	Exercising for health: the merits of lifestyle physical activity. 2001 , 174, 114-8		9
174	Circadian rhythm phase shifts caused by timed exercise vary with chronotype. 2020 , 5,		30
173	Field Assessment of Physical Activity and Energy Expenditure among Athletes. 2002 , 225-256		2
172	Diurnal Patterns of Physical Activity in Relation to Activity Induced Energy Expenditure in 52 to 83 Years-Old Adults. <i>PLoS ONE</i> , 2016 , 11, e0167824	3-7	4
171	The effect of endurance exercise on intestinal integrity in well-trained healthy men. 2016 , 4, e12994		23
170	The Validity of the YMCA 3-Minute Step Test for Estimating Maximal Oxygen Uptake in Healthy Korean and Vietnamese Adults. 2020 , 10, 21-29		3
169	Home-Based Multicomponent Intervention Increases Exercise Activity and Improves Body Mass Index: Results of a 5-Year Randomized Trial Among Individuals with Alpha-1 Antitrypsin Deficiency-Associated Lung Disease. 2021 , 8,		0
168	Effects of Taekwondo training on physical fitness factors in Korean elementary students: A systematic review and meta-analysis. 2019 , 23, 36-47		6
167	Anti-aging therapy through fitness enhancement. 2006 , 1, 213-20		37
166	Estimated time limit: a brief review of a perceptually based scale. 2012 , 42, 845-55		4

165	Assessing the Impact of Tiotropium on Lung Function and Physical Activity in GOLD Stage II COPD Patients who are Naïve to Maintenance Respiratory Therapy: A Study Protocol. 2011 , 5, 1-9	15
164	Twelve-Week Internet-Based Individualized Exercise Program in Adults With Systemic Lupus Erythematosus: Protocol for a Randomized Controlled Trial. 2020 , 9, e18291	4
163	Outcomes of a Mobile Health Coaching Platform: 12-Week Results of a Single-Arm Longitudinal Study. 2016 , 4, e3	15
162	Remotely Delivered Exercise-Based Cardiac Rehabilitation: Design and Content Development of a Novel mHealth Platform. 2016 , 4, e57	28
161	Evidence-Based Resistance Training Recommendations. 2011 , 15, 147-162	81
160	Characterizing the Metabolic Intensity and Cardiovascular Demands of Walking Football in Southeast Asian Women. 2018 , 7, 12-23	3
159	Managing cardiovascular risk reduction in elderly adults. By promoting and monitoring healthy lifestyle changes, health care providers can help older adults improve their cardiovascular health. 2003 , 29, 18-23	6
158	The Benefits of Exercise for the Clinically Depressed. 2004 , 6, 104-111	285
157	Changes in weight indexes and aerobic fitness of physical education students over three years of college. 2011 , 6, 112-121	6
156	International resistance training recommendations for older adults: Implications for the promotion of healthy aging in Spain. 2011 , 6, 639-648	3
155	Multiple sets resistance training: Effects of Condensed versus circuit models on muscular strength, endurance and body composition. 2012 , 7, 733-740	2
154	Heart rate responses of referees during the 2011 Eurobasket Championship. 2014 , 9, 43-48	4
153	The relationship between physical activity, body mass index, and academic performance and college-age students. 2013 , 03, 4-11	9
152	Cardiovascular and Perceived Exertion Response to Treadmill Running and Cycle Ergometer Exercise in Responder and Nonresponder Acute Coronary Syndrome Patients. 2008 , 18, 1263-1270	1
151	Psychological Correlates of Physical Activity and Exercise in Japanese Male Employees. 2004 , 2, 136-144	3
150	Factors contributing to enhancement of exercise habituation in exercise intervention for disability prevention in community-dwelling Japanese elderly. 2007 , 52, 227-235	1
149	Physical activity and exercise levels, and their relationship with selected health factors in college students. 2009 , 54, 425-436	1
148	Aging successfully: the importance of physical activity in maintaining health and function. 2000 , 8, 37-44	51

- 147 Exercise prescription. **2004**, 12, 21-7 11
- 146 Orthopaedic care of the aging athlete. **2005**, 13, 407-16 32
- 145 Dynamic stretching does not affect peroneal and tibial muscle reaction properties. **2019**, 65, 259-267 1
- 144 The COL5A1 genotype is associated with range of motion. **2015**, 19, 49-53 6
- 143 Effects of Taping Therapy by Methods on Back Pain and Muscle Flexibility of Bus Drivers's. **2010**, 11, 4367-4373 3
- 142 Lack of Association Between ACE Indel Polymorphism and Cardiorespiratory Fitness in Physically Active and Sedentary Young Women. **2014**, 5, e22768 3
- 141 Effects of Lower-limb Muscle Fatigue, Cardiopulmonary Fatigue, and Brain FatigueTasks on One-legged Landing Motion.. **2021**, 24, 264-271
- 140 From Court to Couch: Exercise and Quality of Life after Acute Type A Aortic Dissection. **2021**, 9, 171-179 2
- 139 Single Session and Short-Term Exercise for Mental Health Promotion in Tertiary Students: A Scoping Review. **2021**, 7, 72 2
- 138 Multifarious Health Benefits of Exercise and Nutrition. **2000**, 259-273
- 137 Nutritional Concerns of Women Who Resistance Train. **2000**, 215-234
- 136 Casuŕtiek. **2002**, 147-159
- 135 Trainingsempfehlungen im Gesundheitssport. **2003**, 35-50 1
- 134 Koronare Herzkrankheit. **2003**, 127-143
- 133 THE PHYSICAL DEMANDS OF ARMY BASIC TRAINING. **2003**, 211-217
- 132 Nutritional Concerns of Female Recreational Athletes. **2003**, 397-417
- 131 Bewegungstherapie bei Herzkranken. **2004**, 1099-1117
- 130 Can We Promote Physical Fitness among Medical Students by Educational Program?. **2004**, 4, 300-306

129 Exercise Injuries. **2004**, 24-1-24-20

128 EFFECT OF EXERCISE ADHERENCE ON LONGITUDINAL CHANGES IN HEART RATE AMONG COMMUNITY-DWELLING ELDERLY. *Japanese Journal of Physical Fitness and Sports Medicine*, **2005**, 54, 295-304 0.1 1

127 Achieving a Healthy Body Weight. **2005**, 43-56

126 Exercise, Nutrition, and Diabetes. **2006**, 297-311 1

125 The Business of Weight Management. **2006**, 9-28 0

124 Kinšithfapie et mucoviscidose. **2007**, 157-168

123 Exercise and Nutrient Need. **2007**, 373-388

122 The Measurement of Energy Expenditure and Physical Activity. **2007**, 159-189

121 17 Osteogenesis imperfecta. **2008**, 205-213

120 9 Inspanning bij patiënten met cystic fibrose (CF). **2008**, 122-134 1

119 Sports and Physical Activity in Youth. **2008**, 622-627

118 The Effects of Exercise Intensity on the Low-Density Lipoprotein Profile: Quantitative vs. Qualitative Changes. **2008**, 8, 335-341

117 Physical Activity, Fitness, and Musculoskeletal Injury. **2008**, 263-280

116 Guidelines for the Prevention of Cardiovascular Risk in HIV-Infected Patients Treated with Antiretroviral Drugs. **2009**, 213-227

115 Exercise to Increase Range of Movement and Flexibility. **2009**, 93-110

114 Kinšithfapie et mucoviscidose. **2009**, 181-192

113 Effects of a behavioral science-based physical education program on the physical activity-related variables of college freshmen: Project FYPE. **2009**, 54, 145-159 4

112 Maladie cardiovasculaire et activit' physique. **2009**, 155-176

111 Pelvic Floor Rehabilitation. **2009**, 87-98

110 Endurance Training. **2009**, 317-352

109 Exercise in the Therapy of Diabetes Mellitus. **2010**, 687-708

108 Effekte körperlichen Trainings auf den Organismus. **2010**, 13-22

107 The Prospective Study to Evaluate the Effect of Preoperative Cardiopulmonary Function Reinforcement Training for Patients with Esophageal Cancer. **2010**, 43, 487-494

2

106 Effects of acute exercise on affect: Association with self-efficacy or relationships with affect. **2010**, 55, 111-123

1

105 Efficacy of exercise class at a community clinic for middle-aged and elderly patients with lifestyle-related diseases treated at the clinic. **2010**, 76, 195-206

0

104 Field Assessment of Physical Activity and Energy Expenditure among Athletes. **2010**, 183-212

1

103 Exercise Treadmill Stress Testing With and Without Imaging. **2011**, 489-502

1

102 8 Trainingsstrategieën in revalidatieprogramma's bij patiënten met COPD. **2011**, 123-133

101 The Effects of Low Intensity Resisted and Aerobic Exercise Training on Blood Lipid in Chronic Stroke Patients. **2011**, 12, 753-758

100 Exercise. **2012**, 109-122

99 Physical Activity: Definitional Issues and Knowledge Gaps. **2012**, 1-22

98 Exercise intensity and determinants in basic aquatics movements. **2012**, 15, 1-10

1

97 The influence of a six month aerobics programme on middle aged women's aerobic capacity and body composition. **2012**, 42, 55-66

0

96 Exercise Interventions to Improve Sarcopenia. 252-274

95 Cardiovascular and pulmonary system health in populations with neurological disorders. **2013**, 921-940

94 Effects of Rowing Exercise on Prevention of Metabolic Syndrome and Sarcopenia for Senior People. **2013**, 22, 123

- 93 The influence of aerobics on middle-aged women's heart rate variability. **2013**, 14, 19-28
- 92 What predicts exercise participation of older adults?. **2013**, 157-164
- 91 Resistance Training for Cardiovascular Disease. **2013**, 19-40
- 90 The Management of Metabolically Unhealthy Obesity. **2014**, 15, 24 1
- 89 Relation Between External Workloads and Local Muscle Oxygenation During Ramp-Loaded Cycling. **1999**, 204-210
- 88 Weekly range of physical activity and its relation to the values of BMI at the students of University of South Bohemia. **2014**, 15, 183-188
- 87 Rowing: A Favorable Tool to Promote Elderly Health Which Offers Both Aerobic and Resistance Exercise. **2015**, 307-318
- 86 Liver, Muscle, and Insulin Resistance in Obese Subjects: Exercise Effects. *Japanese Journal of Physical Fitness and Sports Medicine*, **2015**, 64, 217-226 0.1
- 85 Heart rate of a professional bullfighter in training and real bullfight. **2015**, 85, 84-6
- 84 Evaluating the Effect of Standard Nutrition-Exercise on Glucose and Lipids Level on Type 2 Diabetic Patients: An Intervention Study. **2015**, 3,
- 83 The Effects of Combined Exercises Intensity (Aerobics-Resistance) on Plasma Cortisol and Testosterone Levels in Active Males. **2016**, 1, 18-24 1
- 82 Heart Rate Variability as a Useful Parameter in Assessment of Cardiac Rehabilitation Outcome. **2017**, 297-310
- 81 Strength training for special populations. **2018**, 546-571
- 80 Effects of an eight-week exercise program on parameters of the lipid profile of female students. *Journal of Medical Biochemistry*, **2020**, 39, 40-45 1.9 2
- 79 Integrated meditation and exercise therapy: A randomized controlled trial of a combined non-pharmacological intervention reduces disability and pain in patients with chronic low back pain.
- 78 The shortcomings of aerobic physical activity prevalence and survey content in Korean adults: 1989-2017. *Korean Journal of Health Education and Promotion*, **2019**, 36, 89-98 0.6
- 77 Erratum:Effects of Continuous vs Intermittent Exercise on Fitness and Blood Lipids????? ?68? ?1? 1(2019)?. *Japanese Journal of Physical Fitness and Sports Medicine*, **2019**, 68, 415-417 0.1
- 76 Greater thermoregulatory strain in the morning than late afternoon during judo training in the heat of summer. *PLoS ONE*, **2020**, 15, e0242916 3.7 1

75	EFFECTS OF BLOOD FLOW RESTRICTION TRAINING ON HANDGRIP STRENGTH AND MUSCULAR VOLUME OF YOUNG WOMEN. <i>International Journal of Sports Physical Therapy</i> , 2020 , 15, 901-909	1.4	0
74	The exercise intensity of square-stepping exercise in community-dwelling late elderly females. <i>Journal of Physical Therapy Science</i> , 2020 , 32, 657-662	1	1
73	Koronare Herzkrankheit. 2007 , 207-225		
72	Trainingsempfehlungen im Gesundheitssport und Klassifikation der Sportarten. 2007 , 67-94		
71	Generating an Exercise Prescription from the Exercise Test. 2009 , 289-312		
70	Exercise in the Prevention of Coronary Artery Disease. 2006 , 145-160		
69	Obesity and Coronary Artery Disease. 2006 , 161-178		
68	Principles of Exercise Training. 2008 , 103-113		
67	Exercise Testing and Training in Patients with (Chronic) Pain. 2008 , 173-191		
66	Cardiovascular effects of strenuous exercise in adult recreational hockey: the Hockey Heart Study. <i>Cmaj</i> , 2002 , 166, 303-7	3.5	6
65	Acute muscle stretching and shoulder position sense. <i>Journal of Athletic Training</i> , 2006 , 41, 270-4	4	10
64	Design and national dissemination of the StrongWomen Community Strength Training Program. <i>Preventing Chronic Disease</i> , 2008 , 5, A25	3.7	31
63	Cardiovascular prevention in a high risk sport, ice hockey: applications in wider sports physical therapy practice. <i>North American Journal of Sports Physical Therapy: NAJSPT</i> , 2006 , 1, 187-94		1
62	Management of secondary lymphedema related to breast cancer. <i>Canadian Family Physician</i> , 2010 , 56, 1277-84	0.9	30
61	Objective measurement of physical activity and sedentary behavior among US adults aged 60 years or older. <i>Preventing Chronic Disease</i> , 2012 , 9, E26	3.7	142
60	The public health burden of physical inactivity in saudi arabia. <i>Journal of Family and Community Medicine</i> , 2004 , 11, 45-51	2	33
59	Muscular damage during telbivudine treatment in a chronic hepatitis B patient. <i>Muscles, Ligaments and Tendons Journal</i> , 2011 , 1, 57-60	1.9	3
58	Metabolic and cardiovascular responses to upright cycle exercise with leg blood flow reduction. <i>Journal of Sports Science and Medicine</i> , 2010 , 9, 224-30	2.7	17

57	Cardiorespiratory characteristics and cholesterol responses to a single session of heavy leg press exercise. <i>Journal of Sports Science and Medicine</i> , 2010 , 9, 580-6	2.7	1
56	Microcirculation Under an Elastic Bandage During Rest and Exercise - Preliminary Experience With the Laser-Doppler Spectrophotometry System O2C. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 414-21	2.7	9
55	Effects of nordic walking compared to conventional walking and band-based resistance exercise on fitness in older adults. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 422-30	2.7	30
54	Evaluating the effects of a low volume stairclimbing programme on measures of health-related fitness in sedentary office workers. <i>Journal of Sports Science and Medicine</i> , 2007 , 6, 448-54	2.7	35
53	Effect of home-based well-rounded exercise in community-dwelling older adults. <i>Journal of Sports Science and Medicine</i> , 2005 , 4, 563-71	2.7	27
52	Comparison of VO2 Peak during Treadmill and Cycle Ergometry in Severely Overweight Youth. <i>Journal of Sports Science and Medicine</i> , 2004 , 3, 554-60	2.7	16
51	Aerobic energy expenditure during recreational weight training in females and males. <i>Journal of Sports Science and Medicine</i> , 2003 , 2, 117-22	2.7	7
50	Exercise in the management of chronic back pain. <i>Ochsner Journal</i> , 2014 , 14, 101-7	1.5	9
49	Validity of Ratings of Perceived Exertion in Patients with Type 2 Diabetes. 2014 , 1,		1
48	Resistance and Aerobic Training Sequence Effects on Energy Consumption in Females. <i>International Journal of Exercise Science</i> , 2010 , 3, 143-149	1.3	
47	Wii, Kinect, and Move. Heart Rate, Oxygen Consumption, Energy Expenditure, and Ventilation due to Different Physically Active Video Game Systems in College Students. <i>International Journal of Exercise Science</i> , 2014 , 7, 22-32	1.3	15
46	Hemodynamic and metabolic response during dynamic and resistance exercise in different intensities: a cross-sectional study on implications of intensity on safety and symptoms in patients with coronary disease. <i>American Journal of Cardiovascular Disease</i> , 2016 , 6, 36-45	0.9	3
45	A Feasibility Study Related To Inactive Cancer Survivors Compared with Non-Cancer Controls during Aerobic Exercise Training. <i>Journal of Sports Science and Medicine</i> , 2016 , 15, 592-600	2.7	2
44	Use of Heart Rate Variability to Estimate Lactate Threshold in Coronary Artery Disease Patients during Resistance Exercise. <i>Journal of Sports Science and Medicine</i> , 2016 , 15, 649-657	2.7	4
43	DANCE, BALANCE AND CORE MUSCLE PERFORMANCE MEASURES ARE IMPROVED FOLLOWING A 9-WEEK CORE STABILIZATION TRAINING PROGRAM AMONG COMPETITIVE COLLEGIATE Dancers. <i>International Journal of Sports Physical Therapy</i> , 2017 , 12, 25-41	1.4	16
42	Effects of Different Number of Sets of Resistance Training on Flexibility. <i>International Journal of Exercise Science</i> , 2017 , 10, 354-364	1.3	3
41	Long-term Low-Intensity Endurance Exercise along with Blood-Flow Restriction Improves Muscle Mass and Neuromuscular Junction Compartments in Old Rats. <i>Iranian Journal of Medical Sciences</i> , 2017 , 42, 569-576	1.2	6
40	Validation of the PiezoRx [®] Step Count and Moderate to Vigorous Physical Activity Times in Free Living Conditions in Adults: A Pilot Study. <i>International Journal of Exercise Science</i> , 2018 , 11, 541-551	1.3	15

39	Does Body Mass Index Influence the Physiological and Perceptual Demands Associated with Defensive Tactics Training in State Patrol Officers?. <i>International Journal of Exercise Science</i> , 2018 , 11, 319-330	1.3	9
38	The effects of previous educational training on physical activity counselling and exercise prescription practices among physicians across Nova Scotia: a cross-sectional study. <i>Canadian Medical Education Journal</i> , 2018 , 9, e35-e45	1	6
37	Differences between Males and Females in Determining Exercise Intensity. <i>International Journal of Exercise Science</i> , 2020 , 13, 1305-1316	1.3	2
36	Gaming Console Home-Based Exercise for Adults with Cystic Fibrosis: Study Protocol. 2020 , 13, 1530-1540		0
35	Cardiovascular event risk estimation among residents of a rural setting in Bayelsa state, Nigeria. <i>American Journal of Cardiovascular Disease</i> , 2021 , 11, 300-315	0.9	
34	EPOC Comparison Between Resistance Training and High-Intensity Interval Training in Aerobically Fit Women. <i>International Journal of Exercise Science</i> , 2021 , 14, 1027-1035	1.3	
33	The Effectiveness of the New Complex of Medical Rehabilitation in the Correction of Muscle Strength Deficit and Motor Disorders in Patients with Obesity. <i>Bulletin of Restorative Medicine</i> , 2021 , 20, 115-125	1	
32	Resistive strength training for arm rehabilitation after stroke. <i>The Cochrane Library</i> ,	5.2	
31	Effect of Exercise on Brain Health: The Potential Role of Lactate as a Myokine.. <i>Metabolites</i> , 2021 , 11,	5.6	8
30	The importance of standard operating procedures in physical fitness assessment: a brief review. <i>Sport Sciences for Health</i> , 1	1.3	4
29	Comparison of OnBaseU Tests with Biomechanical Motion Analysis in Youth Baseball Pitchers.. <i>International Journal of Sports Physical Therapy</i> , 2021 , 16, 1513-1522	1.4	
28	Sex Moderated Mediation of the Musculoskeletal Fitness in Relationship between High-Intensive Interval Training Performing during Physical Education Classes and Cardiorespiratory Fitness in Healthy Boys and Girls.. <i>BioMed Research International</i> , 2022 , 2022, 8760620	3	0
27	Aerobic Exercise Training-Induced Changes on DNA Methylation in Mild Cognitively Impaired Elderly African Americans: Gene, Exercise, and Memory Study - GEMS-I.. <i>Frontiers in Molecular Neuroscience</i> , 2021 , 14, 752403	6.1	1
26	Impact of Centre-of-Mass Acceleration on Perceived Exertion, the Metabolic Equivalent and Heart Rate Reserve in Triathlete Spin Cycling: a Pilot Study.. <i>Journal of Human Kinetics</i> , 2022 , 81, 41-52	2.6	1
25	Physical activity in the therapy of overweight and obesity in children and adolescents. Needs and recommendations for intervention programs. <i>Medycyna Wieku Rozwojowego</i> , 2017 , 21, 224-234	0.4	5
24	Oxygen Consumption (VO) and Surface Electromyography (sEMG) during Moderate-Strength Training Exercises.. <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19,	4.6	
23	Muscle-Strengthening Exercise Questionnaire (MSEQ): an assessment of concurrent validity and test-retest reliability.. <i>BMJ Open Sport and Exercise Medicine</i> , 2022 , 8, e001225	3.4	2
22	Exploiting real-world data to monitor physical activity in patients with osteoarthritis: the opportunity of digital epidemiology.. <i>Heliyon</i> , 2022 , 8, e08991	3.6	1

21	Cognitive and Physical Intervention in Metals' Dysfunction and Neurodegeneration.. <i>Brain Sciences</i> , 2022 , 12,	3.4	1
20	Application of an accelerometer in adjusting parameters and detecting characteristics in the pacemaker rate response.. <i>Physiological Measurement</i> , 2022 , 43,	2.9	
19	Effects of Substituting Sedentary Behavior with Light-Intensity or Moderate-to-Vigorous Physical Activity on Obesity Indices in Adults: A Prospective Short-Term Follow-Up Study.. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
18	Age-Related Differences for Cardiorespiratory Fitness Improvement in Patients Undergoing Cardiac Rehabilitation.. <i>Frontiers in Cardiovascular Medicine</i> , 2022 , 9, 872757	5.4	
17	Selected Methods of Resistance Training for Prevention and Treatment of Sarcopenia.. <i>Cells</i> , 2022 , 11,	7.9	2
16	Exercise interventions to improve physical functioning. 204-239		
15	Pelvic Floor Rehabilitation. 2009 , 87-98		
14	Predictors of adherence to prescribed exercise programs for older adults with medical or surgical indications for exercise: a systematic review.. <i>Systematic Reviews</i> , 2022 , 11, 80	3	0
13	Handcycling with concurrent lower body low-frequency electromyostimulation significantly increases acute oxygen uptake: implications for rehabilitation and prevention. <i>PeerJ</i> , 10, e13333	3.1	1
12	Effects of Outdoor Walking on Positive and Negative Affect: Nature Contact Makes a Big Difference. <i>Frontiers in Behavioral Neuroscience</i> , 2022 , 16,	3.5	0
11	Comparaço de avaliaço de medidas indiretas e associaço com medida subjetiva de capacidade aerbia. <i>Revista Brasileira De Atividade Fsica E Sade</i> , 27, 1-7		
10	Effect of individual characteristics and aerobic training on the %HRR-%VO ₂ R relationship. 1-33		
9	Predicting Perceived Exhaustion in Rehabilitation Exercises Using Facial Action Units. 2022 , 22, 6524		0
8	Effectiveness of Different Modalities of Remote Online Training in Young Healthy Males. 2022 , 10, 170		0
7	Effects of an exercise program combining unsupervised home exercises and supervised group-based exercises on fall-related variables in older adults: a randomized controlled trial.		0
6	Participation in Household Physical Activity Lowers Mortality Risk in Chinese Women and Men. 2023 , 20, 987		0
5	Oral Arginine Supplementation in Healthy Individuals Performing Regular Resistance Training. 2023 , 11, 182		0
4	SPORCULARDA ORTA VE YSEK DDETLERDEKAEROBK EGZERS BOZUCU ETKYE DBEN ZERNE ETK 2018 , 16, 266-274		0

- 3 COVID-19 Pandemi Sıcacinde Toplum Sađıa Yıelik Sosyal Medya Platformlarında Paylaşan Egzersiz Örikli Videoların İncelenmesi. **2022**, 975-987 ○
- 2 Estimating the Effect of Aerobic Exercise Training on Novel Lipid Biomarkers: A Systematic Review and Multivariate Meta-Analysis of Randomized Controlled Trials. **2023**, 53, 871-886 ○
- 1 The Influence of Exercise-Associated Small Extracellular Vesicles on Trophoblasts In Vitro. **2023**, 11, 857 ○