

Referencer til Bente Klarlund Pedersens artikel "Motion på recept - Metabolisk Fitness" i Dansk Sportsmedicin nr. 4, 2005.

- (1) Kannel WB, McGee DL. Diabetes and cardiovascular disease. The Framingham study. *JAMA* 1979; 241(19):2035-2038.
- (2) Stamler J, Vaccaro O, Neaton JD, Wentworth D. Diabetes, other risk factors, and 12-yr cardiovascular mortality for men screened in the Multiple Risk Factor Intervention Trial. *Diabetes Care* 1993; 16(2):434-444.
- (3) Goldbourt U, Yaari S, Medalie JH. Factors predictive of long-term coronary heart disease mortality among 10,059 male Israeli civil servants and municipal employees. A 23-year mortality follow-up in the Israeli Ischemic Heart Disease Study. *Cardiology* 1993; 82(2-3):100-121.
- (4) Pan XR, Li GW, Hu YH, Wang JX, Yang WY, An ZX et al. Effects of diet and exercise in preventing NIDDM in people with impaired glucose tolerance. The Da Qing IGT and Diabetes Study. *Diabetes Care* 1997; 20(4):537-544.
- (5) Eriksson KF, Lindgarde F. No excess 12-year mortality in men with impaired glucose tolerance who participated in the Malmo Preventive Trial with diet and exercise. *Diabetologia* 1998; 41(9):1010-1016.
- (6) Tuomilehto J, Lindstrom J, Eriksson JG, Valle TT, Hamalainen H, Ilanne-Parikka P et al. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med* 2001; 344(18):1343-1350.
- (7) Lindstrom J, Eriksson JG, Valle TT, Aunola S, Cepaitis Z, Hakumaki M et al. Prevention of diabetes mellitus in subjects with impaired glucose tolerance in the finnish diabetes prevention study: results from a randomized clinical trial. *J Am Soc Nephrol* 2003; 14(7 Suppl 2):S108-S113.
- (8) Lindstrom J, Louheranta A, Mannelin M, Rastas M, Salminen V, Eriksson J et al. The Finnish Diabetes Prevention Study (DPS): Lifestyle intervention and 3-year results on diet and physical activity. *Diabetes Care* 2003; 26(12):3230-3236.
- (9) Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002; 346(6):393-403.
- (10) Tuomilehto J, Lindstrom J, Eriksson JG, Valle TT, Hamalainen H, Ilanne-Parikka P et al. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med* 2001; 344(18):1343-1350.
- (11) Eriksson KF, Lindgarde F. No excess 12-year mortality in men with impaired glucose tolerance who participated in the Malmo Preventive Trial with diet and exercise. *Diabetologia* 1998; 41(9):1010-1016.
- (12) Tuomilehto J, Lindstrom J, Eriksson JG, Valle TT, Hamalainen H, Ilanne-Parikka P et al. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med* 2001; 344(18):1343-1350.

- (13) Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002; 346(6):393-403.
- (14) Tuomilehto J, Lindstrom J, Eriksson JG, Valle TT, Hamalainen H, Ilanne-Parikka P et al. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med* 2001; 344(18):1343-1350.
- (15) Tuomilehto J, Lindstrom J, Eriksson JG, Valle TT, Hamalainen H, Ilanne-Parikka P et al. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med* 2001; 344(18):1343-1350.
- (16) Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002; 346(6):393-403.
- (17) Holten MK, Zacho M, Gaster M, Juel C, Wojtaszewski JF, Dela F. Strength training increases insulin-mediated glucose uptake, GLUT4 content, and insulin signaling in skeletal muscle in patients with type 2 diabetes. *Diabetes* 2004; 53(2):294-305.
- (18) Houmard JA, Tanner CJ, Slentz CA, Duscha BD, McCartney JS, Kraus WE. Effect of the volume and intensity of exercise training on insulin sensitivity. *J Appl Physiol* 2004; 96(1):101-106.
- (19) Houmard JA, Tanner CJ, Slentz CA, Duscha BD, McCartney JS, Kraus WE. Effect of the volume and intensity of exercise training on insulin sensitivity. *J Appl Physiol* 2004; 96(1):101-106.
- (20) Jurca R, Lamonte MJ, Church TS, Earnest CP, Fitzgerald SJ, Barlow CE et al. Associations of muscle strength and fitness with metabolic syndrome in men. *Med Sci Sports Exerc* 2004; 36(8):1301-1307.
- (21) Beck-Nielsen H, Henriksen JE, Hermansen K, Madsen LD, Olivarius N.F., Mandrup-Poulsen TR et al. [Type 2 diabetes and the metabolic syndrome - diagnosis and treatment]. 6, 1-36. 2000. Copenhagen, Lægeforeningens forlag.
- (22) Kannel WB, McGee DL. Diabetes and cardiovascular disease. The Framingham study. *JAMA* 1979; 241(19):2035-2038.
- (23) Stamler J, Vaccaro O, Neaton JD, Wentworth D. Diabetes, other risk factors, and 12-yr cardiovascular mortality for men screened in the Multiple Risk Factor Intervention Trial. *Diabetes Care* 1993; 16(2):434-444.
- (24) Gaede P, Vedel P, Larsen N, Jensen GV, Parving HH, Pedersen O. Multifactorial intervention and cardiovascular disease in patients with type 2 diabetes. *N Engl J Med* 2003; 348(5):383-393.
- (25) Boule NG, Haddad E, Kenny GP, Wells GA, Sigal RJ. Effects of exercise on glycemic control and body mass in type 2 diabetes mellitus: a meta-analysis of controlled clinical trials. *JAMA* 2001; 286(10):1218-1227.
- (26) Agurs-Collins TD, Kumanyika SK, Ten Have TR, Adams-Campbell LL. A randomized controlled trial of weight reduction and exercise for diabetes management in older African-American subjects. *Diabetes Care* 1997; 20(10):1503-1511.

- (27) Dunstan DW, Mori TA, Puddey IB, Beilin LJ, Burke V, Morton AR et al. The independent and combined effects of aerobic exercise and dietary fish intake on serum lipids and glycemic control in NIDDM. A randomized controlled study. *Diabetes Care* 1997; 20(6):913-921.
- (28) Mourier A, Gautier JF, De Kerviler E, Bigard AX, Villette JM, Garnier JP et al. Mobilization of visceral adipose tissue related to the improvement in insulin sensitivity in response to physical training in NIDDM. Effects of branched-chain amino acid supplements. *Diabetes Care* 1997; 20(3):385-391.
- (29) Raz I, Hauser E, Bursztyn M. Moderate exercise improves glucose metabolism in uncontrolled elderly patients with non-insulin-dependent diabetes mellitus. *Isr J Med Sci* 1994; 30(10):766-770.
- (30) Ronnema T, Mattila K, Lehtonen A, Kallio V. A controlled randomized study on the effect of long-term physical exercise on the metabolic control in type 2 diabetic patients. *Acta Med Scand* 1986; 220(3):219-224.
- (31) Dunstan DW, Puddey IB, Beilin LJ, Burke V, Morton AR, Stanton KG. Effects of a short-term circuit weight training program on glycaemic control in NIDDM. *Diabetes Res Clin Pract* 1998; 40(1):53-61.
- (32) Honkola A, Forsen T, Eriksson J. Resistance training improves the metabolic profile in individuals with type 2 diabetes. *Acta Diabetol* 1997; 34(4):245-248.
- (33) Kaplan RM, Hartwell SL, Wilson DK, Wallace JP. Effects of diet and exercise interventions on control and quality of life in non-insulin-dependent diabetes mellitus. *J Gen Intern Med* 1987; 2(4):220-228.
- (34) Lehmann R, Vokac A, Niedermann K, Agosti K, Spinass GA. Loss of abdominal fat and improvement of the cardiovascular risk profile by regular moderate exercise training in patients with NIDDM. *Diabetologia* 1995; 38(11):1313-1319.
- (35) Tessier D, Menard J, Fulop T, Ardilouze J, Roy M, Dubuc N et al. Effects of aerobic physical exercise in the elderly with type 2 diabetes mellitus. *Arch Gerontol Geriatr* 2000; 31(2):121-132.
- (36) Vanninen E, Uusitupa M, Siitonen O, Laitinen J, Lansimies E. Habitual physical activity, aerobic capacity and metabolic control in patients with newly-diagnosed type 2 (non-insulin-dependent) diabetes mellitus: effect of 1-year diet and exercise intervention. *Diabetologia* 1992; 35(4):340-346.
- (37) Wing RR, Epstein LH, Paternostro-Bayles M, Kriska A, Nowalk MP, Gooding W. Exercise in a behavioural weight control programme for obese patients with Type 2 (non-insulin-dependent) diabetes. *Diabetologia* 1988; 31(12):902-909.
- (38) Fujii S, Okuno Y, Okada K, Tanaka S, Seki J, Wada M et al. Effects of physical training on glucose tolerance and insulin response in diabetics. *Osaka City Med J* 1982; 28(1):1-8.
- (39) UK Prospective Diabetes Study (UKPDS) Group. Effect of intensive blood-glucose control with metformin on complications in overweight patients with type 2 diabetes (UKPDS 34). *Lancet* 1998; 352(9131):854-865.

- (40) Coutinho M, Gerstein HC, Wang Y, Yusuf S. The relationship between glucose and incident cardiovascular events. A metaregression analysis of published data from 20 studies of 95,783 individuals followed for 12.4 years. *Diabetes Care* 1999; 22(2):233-240.
- (41) Cauza E, Hanusch-Enserer U, Strasser B, Ludvik B, Metz-Schimmerl S, Pacini G et al. The relative benefits of endurance and strength training on the metabolic factors and muscle function of people with type 2 diabetes mellitus. *Arch Phys Med Rehabil* 2005; 86(8):1527-1533.
- (42) Boule NG, Haddad E, Kenny GP, Wells GA, Sigal RJ. Effects of exercise on glycemic control and body mass in type 2 diabetes mellitus: a meta-analysis of controlled clinical trials. *JAMA* 2001; 286(10):1218-1227.
- (43) Brooks GA, Fahey TD, White TP. *Exercise physiology: Human bioenergetics and its applications*. 2nd ed. Mountain View, California: Mayfield Publishing Company, 1995.
- (44) Foxx ML, Keteyian SJ. *Fox's physiological basis for exercise physiology*. 6th ed. New York: McGraw-Hill Co., 1998.
- (45) Mourier A, Gautier JF, De Kerviler E, Bigard AX, Villette JM, Garnier JP et al. Mobilization of visceral adipose tissue related to the improvement in insulin sensitivity in response to physical training in NIDDM. Effects of branched-chain amino acid supplements. *Diabetes Care* 1997; 20(3):385-391.
- (46) Boule NG, Haddad E, Kenny GP, Wells GA, Sigal RJ. Effects of exercise on glycemic control and body mass in type 2 diabetes mellitus: a meta-analysis of controlled clinical trials. *JAMA* 2001; 286(10):1218-1227.
- (47) Wei M, Gibbons LW, Kampert JB, Nichaman MZ, Blair SN. Low cardiorespiratory fitness and physical inactivity as predictors of mortality in men with type 2 diabetes. *Ann Intern Med* 2000; 132(8):605-611.
- (48) Kohl HW, Gordon NF, Villegas JA, Blair SN. Cardiorespiratory fitness, glycemic status, and mortality risk in men. *Diabetes Care* 1992; 15(2):184-192.
- (49) Myers J, Prakash M, Froelicher V, Do D, Partington S, Atwood JE. Exercise capacity and mortality among men referred for exercise testing. *N Engl J Med* 2002; 346(11):793-801.
- (50) Boule NG, Kenny GP, Haddad E, Wells GA, Sigal RJ. Meta-analysis of the effect of structured exercise training on cardiorespiratory fitness in Type 2 diabetes mellitus. *Diabetologia* 2003; 46(8):1071-1081.
- (51) Brandon LJ, Gaasch DA, Boyette LW, Lloyd AM. Effects of long-term resistive training on mobility and strength in older adults with diabetes. *J Gerontol A Biol Sci Med Sci* 2003; 58(8):740-745.
- (52) Kirk A, Mutrie N, MacIntyre P, Fisher M. Increasing physical activity in people with type 2 diabetes. *Diabetes Care* 2003; 26(4):1186-1192.
- (53) Marcus BH, Simkin LR. The transtheoretical model: applications to exercise behavior. *Med Sci Sports Exerc* 1994; 26(11):1400-1404.

- (54) Tudor-Locke CE, Myers AM, Rodger NW. Development of a theory-based daily activity intervention for individuals with type 2 diabetes. *Diabetes Educ* 2001; 27(1):85-93.
- (55) Tudor-Locke C, Myers AM, Rodger NW. Formative evaluation of The First Step Program: a practical intervention to increase daily pphysical activity. *Can J Diabetes Care* 2000; 24:34-38.
- (56) Tudor-Locke C, Myers AM, Bell RC, Harris S, Rodger NW. Preliminary outcome evaluation of The First Step Program: a daily physical activity intervention for individuals with type 2 diabetes. *Patient Educ Couns* 2002; 47:23-28.
- (57) Yamanouchi K, Shinozaki T, Chikada K, Nishikawa T, Ito K, Shimizu S et al. Daily walking combined with diet therapy is a useful means for obese NIDDM patients not only to reduce body weight but also to improve insulin sensitivity. *Diabetes Care* 1995; 18(6):775-778.
- (58) Tudor-Locke C, Bell RC, Myers AM, Harris SB, Ecclestone NA, Lauzon N et al. Controlled outcome evaluation of the First Step Program: a daily physical activity intervention for individuals with type II diabetes. *Int J Obes Relat Metab Disord* 2004; 28(1):113-119.
- (59) Bogardus C, Ravussin E, Robbins DC, Wolfe RR, Horton ES, Sims EA. Effects of physical training and diet therapy on carbohydrate metabolism in patients with glucose intolerance and non-insulin-dependent diabetes mellitus. *Diabetes* 1984; 33(4):311-318.
- (60) Krotkiewski M, Lonroth P, Mandroukas K, Wroblewski Z, Rebuffe-Scrive M, Holm G et al. The effects of physical training on insulin secretion and effectiveness and on glucose metabolism in obesity and type 2 (non-insulin-dependent) diabetes mellitus. *Diabetologia* 1985; 28(12):881-890.
- (61) Dela F, Larsen JJ, Mikines KJ, Ploug T, Petersen LN, Galbo H. Insulin-stimulated muscle glucose clearance in patients with NIDDM. Effects of one-legged physical training. *Diabetes* 1995; 44(9):1010-1020.
- (62) Mourier A, Gautier JF, De Kerviler E, Bigard AX, Villette JM, Garnier JP et al. Mobilization of visceral adipose tissue related to the improvement in insulin sensitivity in response to physical training in NIDDM. Effects of branched-chain amino acid supplements. *Diabetes Care* 1997; 20(3):385-391.
- (63) Trovati M, Carta Q, Cavalot F, Vitali S, Banaudi C, Lucchina PG et al. Influence of physical training on blood glucose control, glucose tolerance, insulin secretion, and insulin action in non-insulin-dependent diabetic patients. *Diabetes Care* 1984; 7(5):416-420.
- (64) Yamanouchi K, Shinozaki T, Chikada K, Nishikawa T, Ito K, Shimizu S et al. Daily walking combined with diet therapy is a useful means for obese NIDDM patients not only to reduce body weight but also to improve insulin sensitivity. *Diabetes Care* 1995; 18(6):775-778.
- (65) Bogardus C, Ravussin E, Robbins DC, Wolfe RR, Horton ES, Sims EA. Effects of physical training and diet therapy on carbohydrate metabolism in patients with glucose intolerance and non-insulin-dependent diabetes mellitus. *Diabetes* 1984; 33(4):311-318.
- (66) Barnard RJ, Ugianskis EJ, Martin DA, Inkeles SB. Role of diet and exercise in the management of hyperinsulinemia and associated atherosclerotic risk factors. *Am J Cardiol* 1992; 69(5):440-444.

- (67) Yamanouchi K, Shinozaki T, Chikada K, Nishikawa T, Ito K, Shimizu S et al. Daily walking combined with diet therapy is a useful means for obese NIDDM patients not only to reduce body weight but also to improve insulin sensitivity. *Diabetes Care* 1995; 18(6):775-778.
- (68) Halle M, Berg A, Garwers U, Baumstark MW, Knisel W, Grathwohl D et al. Influence of 4 weeks' intervention by exercise and diet on low-density lipoprotein subfractions in obese men with type 2 diabetes. *Metabolism* 1999; 48(5):641-644.
- (69) Vanninen E, Uusitupa M, Siitonen O, Laitinen J, Lansimies E. Habitual physical activity, aerobic capacity and metabolic control in patients with newly-diagnosed type 2 (non-insulin-dependent) diabetes mellitus: effect of 1-year diet and exercise intervention. *Diabetologia* 1992; 35(4):340-346.
- (70) Dela F, Larsen JJ, Mikines KJ, Ploug T, Petersen LN, Galbo H. Insulin-stimulated muscle glucose clearance in patients with NIDDM. Effects of one-legged physical training. *Diabetes* 1995; 44(9):1010-1020.
- (71) Trovati M, Carta Q, Cavalot F, Vitali S, Banaudi C, Lucchina PG et al. Influence of physical training on blood glucose control, glucose tolerance, insulin secretion, and insulin action in non-insulin-dependent diabetic patients. *Diabetes Care* 1984; 7(5):416-420.
- (72) Di GX, Teng WP, Zhang J, Fu PY. Exercise therapy of non-insulin dependent diabetes mellitus a report of 10 year studies. The efficacy of exercise therapy. *Chin Med J (Engl)* 1993; 106(10):757-759.
- (73) Krotkiewski M, Lonnroth P, Mandroukas K, Wroblewski Z, Rebuffe-Scrive M, Holm G et al. The effects of physical training on insulin secretion and effectiveness and on glucose metabolism in obesity and type 2 (non-insulin-dependent) diabetes mellitus. *Diabetologia* 1985; 28(12):881-890.
- (74) Wing RR, Epstein LH, Paternostro-Bayles M, Kriska A, Nowalk MP, Gooding W. Exercise in a behavioural weight control programme for obese patients with Type 2 (non-insulin-dependent) diabetes. *Diabetologia* 1988; 31(12):902-909.
- (75) Vanninen E, Uusitupa M, Siitonen O, Laitinen J, Lansimies E. Habitual physical activity, aerobic capacity and metabolic control in patients with newly-diagnosed type 2 (non-insulin-dependent) diabetes mellitus: effect of 1-year diet and exercise intervention. *Diabetologia* 1992; 35(4):340-346.
- (76) Lehmann R, Vokac A, Niedermann K, Agosti K, Spinass GA. Loss of abdominal fat and improvement of the cardiovascular risk profile by regular moderate exercise training in patients with NIDDM. *Diabetologia* 1995; 38(11):1313-1319.
- (77) Dunstan DW, Mori TA, Puddey IB, Beilin LJ, Burke V, Morton AR et al. The independent and combined effects of aerobic exercise and dietary fish intake on serum lipids and glycemic control in NIDDM. A randomized controlled study. *Diabetes Care* 1997; 20(6):913-921.
- (78) Mourier A, Gautier JF, De Kerviler E, Bigard AX, Villette JM, Garnier JP et al. Mobilization of visceral adipose tissue related to the improvement in insulin sensitivity in response to physical training in NIDDM. Effects of branched-chain amino acid supplements. *Diabetes Care* 1997; 20(3):385-391.

- (79) Eriksson J, Tuominen J, Valle T, Sundberg S, Sovijarvi A, Lindholm H et al. Aerobic endurance exercise or circuit-type resistance training for individuals with impaired glucose tolerance? *Horm Metab Res* 1998; 30(1):37-41.
- (80) Lehmann R, Engler H, Honegger R, Riesen W, Spinass GA. Alterations of lipolytic enzymes and high-density lipoprotein subfractions induced by physical activity in type 2 diabetes mellitus. *Eur J Clin Invest* 2001; 31(1):37-44.
- (81) Ruderman NB, Ganda OP, Johansen K. The effect of physical training on glucose tolerance and plasma lipids in maturity-onset diabetes. *Diabetes* 1979; 28 Suppl 1:89-92.:89-92.
- (82) Schneider SH, Amorosa LF, Khachaturian AK, Ruderman NB. Studies on the mechanism of improved glucose control during regular exercise in type 2 (non-insulin-dependent) diabetes. *Diabetologia* 1984; 26(5):355-360.
- (83) Reitman JS, Vasquez B, Klimes I, Nagulesparan M. Improvement of glucose homeostasis after exercise training in non-insulin-dependent diabetes. *Diabetes Care* 1984; 7(5):434-441.
- (84) Allenberg K, Johansen K, Saltin B. Skeletal muscle adaptations to physical training in type II (non-insulin-dependent) diabetes mellitus. *Acta Med Scand* 1988; 223(4):365-373.
- (85) Hornsby WG, Boggess KA, Lyons TJ, Barnwell WH, Lazarchick J, Colwell JA. Hemostatic alterations with exercise conditioning in NIDDM. *Diabetes Care* 1990; 13(2):87-92.
- (86) Walker KZ, Piers LS, Putt RS, Jones JA, O'Dea K. Effects of regular walking on cardiovascular risk factors and body composition in normoglycemic women and women with type 2 diabetes. *Diabetes Care* 1999; 22(4):555-561.
- (87) Stewart KJ. Exercise training and the cardiovascular consequences of type 2 diabetes and hypertension: plausible mechanisms for improving cardiovascular health. *JAMA* 2002; 288(13):1622-1631.
- (88) Tarumi N, Iwasaka T, Takahashi N, Sugiura T, Morita Y, Sumimoto T et al. Left ventricular diastolic filling properties in diabetic patients during isometric exercise. *Cardiology* 1993; 83(5-6):316-323.
- (89) Takenaka K, Sakamoto T, Amano K, Oku J, Fujinami K, Murakami T et al. Left ventricular filling determined by Doppler echocardiography in diabetes mellitus. *Am J Cardiol* 1988; 61(13):1140-1143.
- (90) Robillon JF, Sadoul JL, Jullien D, Morand P, Freychet P. Abnormalities suggestive of cardiomyopathy in patients with type 2 diabetes of relatively short duration. *Diabetes Metab* 1994; 20:473-480.
- (91) Yasuda I, Kawakami K, Shimada T, Tanigawa K, Murakami R, Izumi S et al. Systolic and diastolic left ventricular dysfunction in middle-aged asymptomatic non-insulin-dependent diabetics. *J Cardiol* 1992; 22(2-3):427-438.
- (92) McVeigh GE, Brennan GM, Johnston GD, McDermott BJ, McGrath LT, Henry WR et al. Impaired endothelium-dependent and independent vasodilation in patients with type 2 (non-insulin-dependent) diabetes mellitus. *Diabetologia* 1992; 35(8):771-776.

- (93) Johnstone MT, Creager SJ, Scales KM, Cusco JA, Lee BK, Creager MA. Impaired endothelium-dependent vasodilation in patients with insulin-dependent diabetes mellitus. *Circulation* 1993; 88(6):2510-2516.
- (94) Clarkson P, Celermajer DS, Donald AE, Sampson M, Sorensen KE, Adams M et al. Impaired vascular reactivity in insulin-dependent diabetes mellitus is related to disease duration and low density lipoprotein cholesterol levels. *J Am Coll Cardiol* 1996; 28(3):573-579.
- (95) Pradhan AD, Manson JE, Rifai N, Buring JE, Ridker PM. C-reactive protein, interleukin 6, and risk of developing type 2 diabetes mellitus. *JAMA* 2001; 286(3):327-334.
- (96) Duncan BB, Schmidt MI. Chronic activation of the innate immune system may underlie the metabolic syndrome. *Sao Paulo Med J* 2001; 119(3):122-127.
- (97) Abramson JL, Weintraub WS, Vaccarino V. Association between pulse pressure and C-reactive protein among apparently healthy US adults. *Hypertension* 2002; 39(2):197-202.
- (98) Kelemen MH, Effron MB, Valenti SA, Stewart KJ. Exercise training combined with antihypertensive drug therapy. Effects on lipids, blood pressure, and left ventricular mass. *JAMA* 1990; 263(20):2766-2771.
- (99) Levy WC, Cerqueira MD, Abrass IB, Schwartz RS, Stratton JR. Endurance exercise training augments diastolic filling at rest and during exercise in healthy young and older men. *Circulation* 1993; 88(1):116-126.
- (100) Higashi Y, Sasaki S, Kurisu S, Yoshimizu A, Sasaki N, Matsuura H et al. Regular aerobic exercise augments endothelium-dependent vascular relaxation in normotensive as well as hypertensive subjects: role of endothelium-derived nitric oxide. *Circulation* 1999; 100(11):1194-1202.
- (101) Higashi Y, Sasaki S, Sasaki N, Nakagawa K, Ueda T, Yoshimizu A et al. Daily aerobic exercise improves reactive hyperemia in patients with essential hypertension. *Hypertension* 1999; 33(1 Pt 2):591-597.
- (102) Febbraio MA, Pedersen BK. Muscle-derived interleukin-6: mechanisms for activation and possible biological roles. *FASEB J* 2002; 16(11):1335-1347.
- (103) Boule NG, Kenny GP, Haddad E, Wells GA, Sigal RJ. Meta-analysis of the effect of structured exercise training on cardiorespiratory fitness in Type 2 diabetes mellitus. *Diabetologia* 2003; 46(8):1071-1081.
- (104) Houmard JA, Tanner CJ, Slentz CA, Duscha BD, McCartney JS, Kraus WE. Effect of the volume and intensity of exercise training on insulin sensitivity. *J Appl Physiol* 2004; 96(1):101-106.
- (105) National Heart LaBI. Obesity education initiative expert panel: Clinical guidelines on the identification, evaluation and treatment of overweight and obesity in adults: The evidence report. 98-4083, 1-228. 1998. Bethesda, MD, NIH.  
Ref Type: Report

- (106) Brown DR, Pate RR, Pratt M, Wheeler F, Buchner D, Ainsworth B et al. Physical activity and public health: training courses for researchers and practitioners. *Public Health Rep* 2001; 116(3):197-202.
- (107) National Institutes of Health Consensus Development Panel. Triglyceride, LDL, and CHD. *JAMA* 1993; 269:505-520.
- (108) Prong NP. Short term effects of exercise on plasma lipids and lipoprotein in humans. *Sports Med* 1003; 16:431-448.
- (109) Leon AS, Sanchez OA. Response of blood lipids to exercise training alone or combined with dietary intervention. *Med Sci Sports Exerc* 2001; 33(6 Suppl):S502-S515.
- (110) Armstrong N, Simons-Morton BG. Physical activity and blood lipids in adolescents. *Pediatr Exerc* 1994; 6:631-405.
- (111) Crouse SF, O'Brien BC, Grandjean PW, Lowe RC, Rohack JJ, Green JS et al. Training intensity, blood lipids, and apolipoproteins in men with high cholesterol. *J Appl Physiol* 1997; 82(1):270-277.
- (112) Durstine JL, Haskell WL. Effects of exercise training on plasma lipids and lipoproteins. *Exerc Sport Sci Rev* 1994; 22:477-521.:477-521.
- (113) Leon AS. Effects of exercise conditioning on physiologic precursors of CHD. *J Cardiopulm Rehabil* 1991; 11:46-57.
- (114) Leon AS. Exercise in the prevention and management of diabetes mellitus and blood lipid disorders. In: Shephard RJ, Miller HSJ, editors. *Exercise and the heart in health and disease*. New York: Marcel Dekker, 1999: 355-420.
- (115) Lokey EA, Tran ZV. Effects of exercise training on serum lipid and lipoprotein concentrations in women: a meta-analysis. *Int J Sports Med* 1989; 10(6):424-429.
- (116) Stefanick ML, Mackey S, Sheehan M, Ellsworth N, Haskell WL, Wood PD. Effects of diet and exercise in men and postmenopausal women with low levels of HDL cholesterol and high levels of LDL cholesterol. *N Engl J Med* 1998; 339(1):12-20.
- (117) Stefanick ML, Wood PD. Physical activity, lipid and lipid transport. In: Bouchard C, Shephard RJ, Stephens T, editors. *Physical activity, fitness, health. International. Proceedings and consensus statement*. Champaign, IL: Human Kinetics, 1994: 417-437.
- (118) Tran ZV, Weltman A. Differential effects of exercise on serum lipid and lipoprotein levels seen with changes in body weight. A meta-analysis. *JAMA* 1985; 254(7):919-924.
- (119) Tran ZV, Weltman A, Glass GV, Mood DP. The effects of exercise on blood lipids and lipoproteins: a meta-analysis of studies. *Med Sci Sports Exerc* 1983; 15(5):393-402.
- (120) U.S.Department of Health and Human Services. *Physical activity and health: a report of the surgeon general*. 1-278. 1996. Atlanta, GA, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.

Ref Type: Report

- (121) Leon AS, Sanchez OA. Response of blood lipids to exercise training alone or combined with dietary intervention. *Med Sci Sports Exerc* 2001; 33(6 Suppl):S502-S515.
- (122) Alam S, Stolinski M, Pentecost C, Boroujerdi MA, Jones RH, Sonksen PH et al. The effect of a six-month exercise program on very low-density lipoprotein apolipoprotein B secretion in type 2 diabetes. *J Clin Endocrinol Metab* 2004; 89(2):688-694.
- (123) Kraus WE, Houmard JA, Duscha BD, Knetzger KJ, Wharton MB, McCartney JS et al. Effects of the amount and intensity of exercise on plasma lipoproteins. *N Engl J Med* 2002; 347(19):1483-1492.
- (124) Knopp RH. Drug treatment of lipid disorders. *N Engl J Med* 1999; 341(7):498-511.
- (125) Nicklas BJ, Katzel LI, Busby-Whitehead J, Goldberg AP. Increases in high-density lipoprotein cholesterol with endurance exercise training are blunted in obese compared with lean men. *Metabolism* 1997; 46(5):556-561.
- (126) Pasternak RC, Grundy SM, Levy D, Thompson PD. Spectrum of risk factors for CHD. *J Am Coll Cardiol* 1990; 27:964-1047.
- (127) Kraus WE, Houmard JA, Duscha BD, Knetzger KJ, Wharton MB, McCartney JS et al. Effects of the amount and intensity of exercise on plasma lipoproteins. *N Engl J Med* 2002; 347(19):1483-1492.
- (128) Lewington S, Clarke R, Qizilbash N, Peto R, Collins R. Age-specific relevance of usual blood pressure to vascular mortality: a meta-analysis of individual data for one million adults in 61 prospective studies. *Lancet* 2002; 360(9349):1903-1913.
- (129) Lewington S, Clarke R, Qizilbash N, Peto R, Collins R. Age-specific relevance of usual blood pressure to vascular mortality: a meta-analysis of individual data for one million adults in 61 prospective studies. *Lancet* 2002; 360(9349):1903-1913.
- (130) Burt VL, Whelton P, Roccella EJ, Brown C, Cutler JA, Higgins M et al. Prevalence of hypertension in the US adult population. Results from the Third National Health and Nutrition Examination Survey, 1988-1991. *Hypertension* 1995; 25(3):305-313.
- (131) Burt VL, Whelton P, Roccella EJ, Brown C, Cutler JA, Higgins M et al. Prevalence of hypertension in the US adult population. Results from the Third National Health and Nutrition Examination Survey, 1988-1991. *Hypertension* 1995; 25(3):305-313.
- (132) Pescatello LS, Franklin BA, Fagard R, Farquhar WB, Kelley GA, Ray CA. American College of Sports Medicine position stand. Exercise and hypertension. *Med Sci Sports Exerc* 2004; 36(3):533-553.
- (133) Stewart KJ. Exercise and hypertension. In: Roitman J, editor. *ACSM's resource manual for guidelines for exercise testing and prescription*. Baltimore: Lippincott Williams Wilkins, 2001.
- (134) Whelton SP, Chin A, Xin X, He J. Effect of aerobic exercise on blood pressure: a meta-analysis of randomized, controlled trials. *Ann Intern Med* 2002; 136(7):493-503.
- (135) Whelton SP, Chin A, Xin X, He J. Effect of aerobic exercise on blood pressure: a meta-analysis of randomized, controlled trials. *Ann Intern Med* 2002; 136(7):493-503.

- (136) Whelton SP, Chin A, Xin X, He J. Effect of aerobic exercise on blood pressure: a meta-analysis of randomized, controlled trials. *Ann Intern Med* 2002; 136(7):493-503.
- (137) Jennings G, Nelson L, Nestel P, Esler M, Korner P, Burton D et al. The effects of changes in physical activity on major cardiovascular risk factors, hemodynamics, sympathetic function, and glucose utilization in man: a controlled study of four levels of activity. *Circulation* 1986; 73(1):30-40.
- (138) Nelson L, Jennings GL, Esler MD, Korner PI. Effect of changing levels of physical activity on blood-pressure and haemodynamics in essential hypertension. *Lancet* 1986; 2(8505):473-476.
- (139) Urata H, Tanabe Y, Kiyonaga A, Ikeda M, Tanaka H, Shindo M et al. Antihypertensive and volume-depleting effects of mild exercise on essential hypertension. *Hypertension* 1987; 9(3):245-252.
- (140) Jones DR, Speier J, Canine K, Owen R, Stull GA. Cardiorespiratory responses to aerobic training by patients with postpoliomyelitis sequelae. *JAMA* 1989; 261(22):3255-3258.
- (141) Van Hoof R, Hespel P, Fagard R, Lijnen P, Staessen J, Amery A. Effect of endurance training on blood pressure at rest, during exercise and during 24 hours in sedentary men. *Am J Cardiol* 1989; 63(13):945-949.
- (142) Akinpelu AO. Responses of the African hypertensive to exercise training: preliminary observations. *J Hum Hypertens* 1990; 4(2):74-76.
- (143) Martin JE, Dubbert PM, Cushman WC. Controlled trial of aerobic exercise in hypertension. *Circulation* 1990; 81(5):1560-1567.
- (144) Meredith IT, Jennings GL, Esler MD, Dewar EM, Bruce AM, Fazio VA et al. Time-course of the antihypertensive and autonomic effects of regular endurance exercise in human subjects. *J Hypertens* 1990; 8(9):859-866.
- (145) Oluseye KA. Cardiovascular responses to exercise in Nigerian women. *J Hum Hypertens* 1990; 4(2):77-79.
- (146) Suter E, Marti B, Tschopp A, Wanner HU, Wenk C, Gutzwiller F. Effects of self-monitored jogging on physical fitness, blood pressure and serum lipids: a controlled study in sedentary middle-aged men. *Int J Sports Med* 1990; 11(6):425-432.
- (147) Blumenthal JA, Siegel WC, Appelbaum M. Failure of exercise to reduce blood pressure in patients with mild hypertension. Results of a randomized controlled trial. *JAMA* 1991; 266(15):2098-2104.
- (148) Meredith IT, Friberg P, Jennings GL, Dewar EM, Fazio VA, Lambert GW et al. Exercise training lowers resting renal but not cardiac sympathetic activity in humans. *Hypertension* 1991; 18(5):575-582.
- (149) Duncan JJ, Gordon NF, Scott CB. Women walking for health and fitness. How much is enough? *JAMA* 1991; 266(23):3295-3299.

- (150) King AC, Haskell WL, Taylor CB, Kraemer HC, DeBusk RF. Group- vs home-based exercise training in healthy older men and women. A community-based clinical trial. *JAMA* 1991; 266(11):1535-1542.
- (151) Posner JD, Gorman KM, Windsor-Landsberg L, Larsen J, Bleiman M, Shaw C et al. Low to moderate intensity endurance training in healthy older adults: physiological responses after four months. *J Am Geriatr Soc* 1992; 40(1):1-7.
- (152) Radaelli A, Piepoli M, Adamopoulos S, Pipilis A, Clark SJ, Casadei B et al. Effects of mild physical activity, atenolol and the combination on ambulatory blood pressure in hypertensive subjects. *J Hypertens* 1992; 10(10):1279-1282.
- (153) Hamdorf PA, Withers RT, Penhall RK, Haslam MV. Physical training effects on the fitness and habitual activity patterns of elderly women. *Arch Phys Med Rehabil* 1992; 73(7):603-608.
- (154) Albright CL, King AC, Taylor CB, Haskell WL. Effect of a six-month aerobic exercise training program on cardiovascular responsiveness in healthy middle-aged adults. *J Psychosom Res* 1992; 36(1):25-36.
- (155) Kingwell BA, Jennings GL. Effects of walking and other exercise programs upon blood pressure in normal subjects. *Med J Aust* 1993; 158(4):234-238.
- (156) Braith RW, Pollock ML, Lowenthal DT, Graves JE, Limacher MC. Moderate- and high-intensity exercise lowers blood pressure in normotensive subjects 60 to 79 years of age. *Am J Cardiol* 1994; 73(15):1124-1128.
- (157) Lindheim SR, Notelovitz M, Feldman EB, Larsen S, Khan FY, Lobo RA. The independent effects of exercise and estrogen on lipids and lipoproteins in postmenopausal women. *Obstet Gynecol* 1994; 83(2):167-172.
- (158) Wijnen JA, Kool MJ, van Baak MA, Kuipers H, de Haan CH, Verstappen FT et al. Effect of exercise training on ambulatory blood pressure. *Int J Sports Med* 1994; 15(1):10-15.
- (159) Arroll B, Beaglehole R. Salt restriction and physical activity in treated hypertensives. *N Z Med J* 1995; 108(1003):266-268.
- (160) Potempa K, Lopez M, Braun LT, Szidon JP, Fogg L, Tincknell T. Physiological outcomes of aerobic exercise training in hemiparetic stroke patients. *Stroke* 1995; 26(1):101-105.
- (161) Leon AS, Casal D, Jacobs D, Jr. Effects of 2,000 kcal per week of walking and stair climbing on physical fitness and risk factors for coronary heart disease. *J Cardiopulm Rehabil* 1996; 16(3):183-192.
- (162) Okumiya K, Matsubayashi K, Wada T, Kimura S, Doi Y, Ozawa T. Effects of exercise on neurobehavioral function in community-dwelling older people more than 75 years of age. *J Am Geriatr Soc* 1996; 44(5):569-572.
- (163) Rogers MW, Probst MM, Gruber JJ, Berger R, Boone JB, Jr. Differential effects of exercise training intensity on blood pressure and cardiovascular responses to stress in borderline hypertensive humans. *J Hypertens* 1996; 14(11):1369-1375.

- (164) Ready AE, Naimark B, Ducas J, Sawatzky JV, Boreskie SL, Drinkwater DT et al. Influence of walking volume on health benefits in women post-menopause. *Med Sci Sports Exerc* 1996; 28(9):1097-1105.
- (165) Gordon NF, Scott CB, Levine BD. Comparison of single versus multiple lifestyle interventions: are the antihypertensive effects of exercise training and diet-induced weight loss additive? *Am J Cardiol* 1997; 79(6):763-767.
- (166) Wang JS, Jen CJ, Chen HI. Effects of chronic exercise and deconditioning on platelet function in women. *J Appl Physiol* 1997; 83(6):2080-2085.
- (167) Duey WJ, O'Brien WL, Crutchfield AB, Brown LA, Williford HN, Sharff-Olson M. Effects of exercise training on aerobic fitness in African-American females. *Ethn Dis* 1998; 8(3):306-311.
- (168) Sakai T, Ideishi M, Miura S, Maeda H, Tashiro E, Koga M et al. Mild exercise activates renal dopamine system in mild hypertensives. *J Hum Hypertens* 1998; 12(6):355-362.
- (169) Wing RR, Venditti E, Jakicic JM, Polley BA, Lang W. Lifestyle intervention in overweight individuals with a family history of diabetes. *Diabetes Care* 1998; 21(3):350-359.
- (170) Murphy MH, Hardman AE. Training effects of short and long bouts of brisk walking in sedentary women. *Med Sci Sports Exerc* 1998; 30(1):152-157.
- (171) Higashi Y, Sasaki S, Sasaki N, Nakagawa K, Ueda T, Yoshimizu A et al. Daily aerobic exercise improves reactive hyperemia in patients with essential hypertension. *Hypertension* 1999; 33(1 Pt 2):591-597.
- (172) Higashi Y, Sasaki S, Kurisu S, Yoshimizu A, Sasaki N, Matsuura H et al. Regular aerobic exercise augments endothelium-dependent vascular relaxation in normotensive as well as hypertensive subjects: role of endothelium-derived nitric oxide. *Circulation* 1999; 100(11):1194-1202.
- (173) Cooper AR, Moore LA, McKenna J, Riddoch CJ. What is the magnitude of blood pressure response to a programme of moderate intensity exercise? Randomised controlled trial among sedentary adults with unmedicated hypertension. *Br J Gen Pract* 2000; 50(461):958-962.
- (174) Blumenthal JA, Sherwood A, Gullette EC, Babyak M, Waugh R, Georgiades A et al. Exercise and weight loss reduce blood pressure in men and women with mild hypertension: effects on cardiovascular, metabolic, and hemodynamic functioning. *Arch Intern Med* 2000; 160(13):1947-1958.
- (175) Fagard RH. Exercise characteristics and the blood pressure response to dynamic physical training. *Med Sci Sports Exerc* 2001; 33(6 Suppl):S484-S492.
- (176) Kelley GA, Kelley KS, Tran ZV. Walking and resting blood pressure in adults: a meta-analysis. *Prev Med* 2001; 33(2 Pt 1):120-127.
- (177) Kelley GA, Kelley KS. Progressive resistance exercise and resting blood pressure : A meta-analysis of randomized controlled trials. *Hypertension* 2000; 35(3):838-843.

- (178) Pescatello LS, Franklin BA, Fagard R, Farquhar WB, Kelley GA, Ray CA. American College of Sports Medicine position stand. Exercise and hypertension. *Med Sci Sports Exerc* 2004; 36(3):533-553.
- (179) Pescatello LS, Franklin BA, Fagard R, Farquhar WB, Kelley GA, Ray CA. American College of Sports Medicine position stand. Exercise and hypertension. *Med Sci Sports Exerc* 2004; 36(3):533-553.
- (180) Kelley GA, Sharpe KK. Aerobic exercise and resting blood pressure in older adults: a meta-analytic review of randomized controlled trials. *J Gerontol A Biol Sci Med Sci* 2001; 56(5):M298-M303.
- (181) Fagard RH. Physical activity in the prevention and treatment of hypertension in the obese. *Med Sci Sports Exerc* 1999; 31(11 Suppl):S624-S630.
- (182) Kelley GA, Kelley KS. Aerobic exercise and resting blood pressure in women: a meta-analytic review of controlled clinical trials. *J Womens Health Gend Based Med* 1999; 8(6):787-803.
- (183) Kelley GA. Aerobic exercise and resting blood pressure among women: a meta-analysis. *Prev Med* 1999; 28(3):264-275.
- (184) Ebrahim S, Smith GD. Lowering blood pressure: a systematic review of sustained effects of non-pharmacological interventions. *J Public Health Med* 1998; 20(4):441-448.
- (185) Krummel DA, Koffman DM, Bronner Y, Davis J, Greenlund K, Tessaro I et al. Cardiovascular health interventions in women: What works? *J Womens Health Gend Based Med* 2001; 10(2):117-136.
- (186) Cleroux J, Feldman RD, Petrella RJ. Recommendations on physical exercise training. *Can Med Assoc J* 1999; 160(9 Suppl).
- (187) Houde SC, Melillo KD. Cardiovascular health and physical activity in older adults: an integrative review of research methodology and results. *J Adv Nurs* 2002; 38(3):219-234.
- (188) Petrella RJ. How effective is exercise training for the treatment of hypertension? *Clin J Sport Med* 1998; 8(3):224-231.
- (189) Pescatello LS, Franklin BA, Fagard R, Farquhar WB, Kelley GA, Ray CA. American College of Sports Medicine position stand. Exercise and hypertension. *Med Sci Sports Exerc* 2004; 36(3):533-553.
- (190) Pescatello LS, Franklin BA, Fagard R, Farquhar WB, Kelley GA, Ray CA. American College of Sports Medicine position stand. Exercise and hypertension. *Med Sci Sports Exerc* 2004; 36(3):533-553.
- (191) Collins R, Peto R, MacMahon S, Hebert P, Fiebach NH, Eberlein KA et al. Blood pressure, stroke, and coronary heart disease. Part 2, Short-term reductions in blood pressure: overview of randomised drug trials in their epidemiological context. *Lancet* 1990; 335(8693):827-838.
- (192) Collins R, MacMahon S. Blood pressure, antihypertensive drug treatment and the risks of stroke and of coronary heart disease. *Br Med Bull* 1994; 50(2):272-298.

- (193) Gueyffier F, Boutitie F, Boissel JP, Pocock S, Coope J, Cutler J et al. Effect of antihypertensive drug treatment on cardiovascular outcomes in women and men. A meta-analysis of individual patient data from randomized, controlled trials. The INDANA Investigators. *Ann Intern Med* 1997; 126(10):761-767.
- (194) Blood Pressure Lowering Treatment Trialists' Collaboration. Effects of ACE inhibitors, calcium antagonists, and other blood-pressure-lowering drugs: results of prospectively designed overviews of randomised trials. *Lancet* 2000; 355:1955-1964.
- (195) Lewington S, Clarke R, Qizilbash N, Peto R, Collins R. Age-specific relevance of usual blood pressure to vascular mortality: a meta-analysis of individual data for one million adults in 61 prospective studies. *Lancet* 2002; 360(9349):1903-1913.
- (196) Collins R, Peto R, MacMahon S, Hebert P, Fiebach NH, Eberlein KA et al. Blood pressure, stroke, and coronary heart disease. Part 2, Short-term reductions in blood pressure: overview of randomised drug trials in their epidemiological context. *Lancet* 1990; 335(8693):827-838.
- (197) Cook NR, Cohen J, Hebert PR, Taylor JO, Hennekens CH. Implications of small reductions in diastolic blood pressure for primary prevention. *Arch Intern Med* 1995; 155(7):701-709.
- (198) Ketelhut RG, Franz IW, Scholze J. Regular exercise as an effective approach in antihypertensive therapy. *Med Sci Sports Exerc* 2004; 36(1):4-8.
- (199) Dansk Selskab for Adipositasforskning, Dansk Kirurgisk Selskab. Er der indikation for kirurgisk behandling af ekstrem overvægt i Danmark? *Ugeskr Laeger* 2001.
- (200) Svendsen OL, Heitmann BL, Mikkelsen KL, Raben A, Rytting KJ, Sørensen TIA et al. Fedme i Danmark. En rapport fra Dansk Task Force on Obesity. *Ugeskr Laeger* 2001; 163(Suppl 8).
- (201) Dansk Selskab for Adipositasforskning, Dansk Kirurgisk Selskab. Er der indikation for kirurgisk behandling af ekstrem overvægt i Danmark? *Ugeskr Laeger* 2001.
- (202) Dansk Selskab for Adipositasforskning, Dansk Kirurgisk Selskab. Er der indikation for kirurgisk behandling af ekstrem overvægt i Danmark? *Ugeskr Laeger* 2001.
- (203) Dansk Selskab for Adipositasforskning, Dansk Kirurgisk Selskab. Er der indikation for kirurgisk behandling af ekstrem overvægt i Danmark? *Ugeskr Laeger* 2001.
- (204) Dansk Selskab for Adipositasforskning, Dansk Kirurgisk Selskab. Er der indikation for kirurgisk behandling af ekstrem overvægt i Danmark? *Ugeskr Laeger* 2001.
- (205) Dansk Selskab for Adipositasforskning, Dansk Kirurgisk Selskab. Er der indikation for kirurgisk behandling af ekstrem overvægt i Danmark? *Ugeskr Laeger* 2001.
- (206) Ross R, Janssen I. Physical activity, total and regional obesity: dose-response considerations. *Med Sci Sports Exerc* 2001; 33(6 Suppl):S521-S527.
- (207) Posner JD, Gorman KM, Windsor-Landsberg L, Larsen J, Bleiman M, Shaw C et al. Low to moderate intensity endurance training in healthy older adults: physiological responses after four months. *J Am Geriatr Soc* 1992; 40(1):1-7.

- (208) Mourier A, Gautier JF, De Kerviler E, Bigard AX, Villette JM, Garnier JP et al. Mobilization of visceral adipose tissue related to the improvement in insulin sensitivity in response to physical training in NIDDM. Effects of branched-chain amino acid supplements. *Diabetes Care* 1997; 20(3):385-391.
- (209) Hinkleman LL, Nieman DC. The effects of a walking program on body composition and serum lipids and lipoproteins in overweight women. *J Sports Med Phys Fitness* 1993; 33(1):49-58.
- (210) Sopko G, Leon AS, Jacobs DR, Jr., Foster N, Moy J, Kuba K et al. The effects of exercise and weight loss on plasma lipids in young obese men. *Metabolism* 1985; 34(3):227-236.
- (211) Ross R, Dagnone D, Jones PJ, Smith H, Paddags A, Hudson R et al. Reduction in obesity and related comorbid conditions after diet-induced weight loss or exercise-induced weight loss in men. A randomized, controlled trial. *Ann Intern Med* 2000; 133(2):92-103.
- (212) Kohrt WM, Ehsani AA, Birge SJ, Jr. Effects of exercise involving predominantly either joint-reaction or ground-reaction forces on bone mineral density in older women. *J Bone Miner Res* 1997; 12(8):1253-1261.
- (213) Binder EF, Birge SJ, Kohrt WM. Effects of endurance exercise and hormone replacement therapy on serum lipids in older women. *J Am Geriatr Soc* 1996; 44(3):231-236.
- (214) Ready AE, Drinkwater DT, Ducas J, Fitzpatrick DW, Brereton DG, Oades SC. Walking program reduces elevated cholesterol in women postmenopause. *Can J Cardiol* 1995; 11(10):905-912.
- (215) Wood PD, Stefanick ML, Dreon DM, Frey-Hewitt B, Garay SC, Williams PT et al. Changes in plasma lipids and lipoproteins in overweight men during weight loss through dieting as compared with exercise. *N Engl J Med* 1988; 319(18):1173-1179.
- (216) Ross R, Janssen I. Physical activity, total and regional obesity: dose-response considerations. *Med Sci Sports Exerc* 2001; 33(6 Suppl):S521-S527.
- (217) Slentz CA, Duscha BD, Johnson JL, Ketchum K, Aiken LB, Samsa GP et al. Effects of the amount of exercise on body weight, body composition, and measures of central obesity: STRRIDE - a randomized controlled study. *Arch Intern Med* 2004; 164(1):31-39.
- (218) Ross R, Dagnone D, Jones PJ, Smith H, Paddags A, Hudson R et al. Reduction in obesity and related comorbid conditions after diet-induced weight loss or exercise-induced weight loss in men. A randomized, controlled trial. *Ann Intern Med* 2000; 133(2):92-103.
- (219) Kraemer WJ, Volek JS, Clark KL, Gordon SE, Puhl SM, Koziris LP et al. Influence of exercise training on physiological and performance changes with weight loss in men. *Med Sci Sports Exerc* 1999; 31(9):1320-1329.
- (220) Kraemer WJ, Volek JS, Clark KL, Gordon SE, Incledon T, Puhl SM et al. Physiological adaptations to a weight-loss dietary regimen and exercise programs in women. *J Appl Physiol* 1997; 83(1):270-279.

- (221) Kraemer WJ, Volek JS, Clark KL, Gordon SE, Puhl SM, Koziris LP et al. Influence of exercise training on physiological and performance changes with weight loss in men. *Med Sci Sports Exerc* 1999; 31(9):1320-1329.
- (222) Kraemer WJ, Volek JS, Clark KL, Gordon SE, Incledon T, Puhl SM et al. Physiological adaptations to a weight-loss dietary regimen and exercise programs in women. *J Appl Physiol* 1997; 83(1):270-279.
- (223) Svendsen OL, Hassager C, Christiansen C. Effect of an energy-restrictive diet, with or without exercise, on lean tissue mass, resting metabolic rate, cardiovascular risk factors, and bone in overweight postmenopausal women. *Am J Med* 1993; 95(2):131-140.
- (224) Anderson JW, Konz EC, Frederich RC, Wood CL. Long-term weight-loss maintenance: a meta-analysis of US studies. *Am J Clin Nutr* 2001; 74(5):579-584.
- (225) Ewbank PP, Darga LL, Lucas CP. Physical activity as a predictor of weight maintenance in previously obese subjects. *Obes Res* 1995; 3(3):257-263.
- (226) Flynn TJ, Walsh MF. Thirty-month evaluation of a popular very-low-calorie diet program. *Arch Fam Med* 1993; 2(10):1042-1048.
- (227) Hartman WM, Stroud M, Sweet DM, Saxton J. Long-term maintenance of weight loss following supplemented fasting. *Int J Eat Disord* 1993; 14(1):87-93.
- (228) Holden JH, Darga LL, Olson SM, Stettner DC, Ardito EA, Lucas CP. Long-term follow-up of patients attending a combination very-low-calorie diet and behaviour therapy weight loss programme. *Int J Obes Relat Metab Disord* 1992; 16(8):605-613.
- (229) Pavlou KN, Krey S, Steffee WP. Exercise as an adjunct to weight loss and maintenance in moderately obese subjects. *Am J Clin Nutr* 1989; 49(5 Suppl):1115-1123.
- (230) Sikand G, Kondo A, Foreyt JP, Jones PH, Gotto AM, Jr. Two-year follow-up of patients treated with a very-low-calorie diet and exercise training. *J Am Diet Assoc* 1988; 88(4):487-488.
- (231) Svendsen OL, Hassager C, Christiansen C. Six months' follow-up on exercise added to a short-term diet in overweight postmenopausal women - effects on body composition, resting metabolic rate, cardiovascular risk factors and bone. *Int J Obes Relat Metab Disord* 1994; 18(10):692-698.
- (232) Rissanen AM, Heliovaara M, Knekt P, Reunanen A, Aromaa A. Determinants of weight gain and overweight in adult Finns. *Eur J Clin Nutr* 1991; 45(9):419-430.
- (233) Williamson DF, Madans J, Anda RF, Kleinman JC, Kahn HS, Byers T. Recreational physical activity and ten-year weight change in a US national cohort. *Int J Obes Relat Metab Disord* 1993; 17(5):279-286.
- (234) Haapanen N, Miilunpalo S, Vuori I, Oja P, Pasanen M. Association of leisure time physical activity with the risk of coronary heart disease, hypertension and diabetes in middle-aged men and women. *Int J Epidemiol* 1997; 26(4):739-747.

- (235) Barefoot JC, Heitmann BL, Helms MJ, Williams RB, Surwit RS, Siegler IC. Symptoms of depression and changes in body weight from adolescence to mid-life. *Int J Obes Relat Metab Disord* 1998; 22(7):688-694.
- (236) Heitmann BL, Kaprio J, Harris JR, Rissanen A, Korkeila M, Koskenvuo M. Are genetic determinants of weight gain modified by leisure-time physical activity? A prospective study of Finnish twins. *Am J Clin Nutr* 1997; 66(3):672-678.
- (237) Fogelholm M, Kukkonen-Harjula K. Does physical activity prevent weight gain - a systematic review. *Obes Rev* 2000; 1(2):95-111.
- (238) Owens JF, Matthews KA, Wing RR, Kuller LH. Can physical activity mitigate the effects of aging in middle-aged women? *Circulation* 1992; 85(4):1265-1270.
- (239) Williamson DF, Madans J, Anda RF, Kleinman JC, Kahn HS, Byers T. Recreational physical activity and ten-year weight change in a US national cohort. *Int J Obes Relat Metab Disord* 1993; 17(5):279-286.
- (240) Taylor CB, Jatulis DE, Winkleby MA, Rockhill BJ, Kraemer HC. Effects of life-style on body mass index change. *Epidemiology* 1994; 5(6):599-603.
- (241) Haapanen N, Miilunpalo S, Vuori I, Oja P, Pasanen M. Association of leisure time physical activity with the risk of coronary heart disease, hypertension and diabetes in middle-aged men and women. *Int J Epidemiol* 1997; 26(4):739-747.
- (242) Coakley EH, Rimm EB, Colditz G, Kawachi I, Willett W. Predictors of weight change in men: results from the Health Professionals Follow-up Study. *Int J Obes Relat Metab Disord* 1998; 22(2):89-96.
- (243) Guo SS, Zeller C, Chumlea WC, Siervogel RM. Aging, body composition, and lifestyle: the Fels Longitudinal Study. *Am J Clin Nutr* 1999; 70(3):405-411.
- (244) Bild DE, Sholinsky P, Smith DE, Lewis CE, Hardin JM, Burke GL. Correlates and predictors of weight loss in young adults: the CARDIA study. *Int J Obes Relat Metab Disord* 1996; 20(1):47-55.
- (245) Crawford DA, Jeffery RW, French SA. Television viewing, physical inactivity and obesity. *Int J Obes Relat Metab Disord* 1999; 23(4):437-440.
- (246) Hoiberg A, Berard S, Watten RH, Caine C. Correlates of weight loss in treatment and at follow-up. *Int J Obes* 1984; 8(5):457-465.
- (247) Kayman S, Bruvold W, Stern JS. Maintenance and relapse after weight loss in women: behavioral aspects. *Am J Clin Nutr* 1990; 52(5):800-807.
- (248) Holden JH, Darga LL, Olson SM, Stettner DC, Ardito EA, Lucas CP. Long-term follow-up of patients attending a combination very-low calorie diet and behaviour therapy weight loss programme. *Int J Obes Relat Metab Disord* 1992; 16(8):605-613.
- (249) Hartman WM, Stroud M, Sweet DM, Saxton J. Long-term maintenance of weight loss following supplemented fasting. *Int J Eat Disord* 1993; 14(1):87-93.

- (250) Haus G, Hoerr SL, Mavis B, Robison J. Key modifiable factors in weight maintenance: fat intake, exercise, and weight cycling. *J Am Diet Assoc* 1994; 94(4):409-413.
- (251) DePue JD, Clark MM, Ruggiero L, Medeiros ML, Pera V, Jr. Maintenance of weight loss: a needs assessment. *Obes Res* 1995; 3(3):241-248.
- (252) Ewbank PP, Darga LL, Lucas CP. Physical activity as a predictor of weight maintenance in previously obese subjects. *Obes Res* 1995; 3(3):257-263.
- (253) Walsh MF, Flynn TJ. A 54-month evaluation of a popular very low calorie diet program. *J Fam Pract* 1995; 41(3):231-236.
- (254) Grodstein F, Levine R, Troy L, Spencer T, Colditz GA, Stampfer MJ. Three-year follow-up of participants in a commercial weight loss program. Can you keep it off? *Arch Intern Med* 1996; 156(12):1302-1306.
- (255) Sarlio-Lahteenkorva S, Rissanen A. Weight loss maintenance: determinants of long-term success. *Eat Weight Disord* 1998; 3(3):131-135.
- (256) Andersen RE, Wadden TA, Bartlett SJ, Zemel B, Verde TJ, Franckowiak SC. Effects of lifestyle activity vs structured aerobic exercise in obese women: a randomized trial. *JAMA* 1999; 281(4):335-340.
- (257) McGuire MT, Wing RR, Klem ML, Hill JO. Behavioral strategies of individuals who have maintained long-term weight losses. *Obes Res* 1999; 7(4):334-341.
- (258) Sarlio-Lahteenkorva S, Rissanen A, Kaprio J. A descriptive study of weight loss maintenance: 6 and 15 year follow-up of initially overweight adults. *Int J Obes Relat Metab Disord* 2000; 24(1):116-125.
- (259) Perri MG, McAllister DA, Gange JJ, Jordan RC, McAdoo G, Nezu AM. Effects of four maintenance programs on the long-term management of obesity. *J Consult Clin Psychol* 1988; 56(4):529-534.
- (260) Leermakers EA, Perri MG, Shigaki CL, Fuller PR. Effects of exercise-focused versus weight-focused maintenance programs on the management of obesity. *Addict Behav* 1999; 24(2):219-227.
- (261) Fogelholm M, Kukkonen-Harjula K, Nenonen A, Pasanen M. Effects of walking training on weight maintenance after a very-low-energy diet in premenopausal obese women: a randomized controlled trial. *Arch Intern Med* 2000; 160(14):2177-2184.
- (262) Perri MG, McAdoo WG, McAllister DA, Lauer JB, Yancey DZ. Enhancing the efficacy of behavior therapy for obesity: effects of aerobic exercise and a multicomponent maintenance program. *J Consult Clin Psychol* 1986; 54(5):670-675.
- (263) Sikand G, Kondo A, Foreyt JP, Jones PH, Gotto AM, Jr. Two-year follow-up of patients treated with a very-low-calorie diet and exercise training. *J Am Diet Assoc* 1988; 88(4):487-488.
- (264) King AC, Frey-Hewitt B, Dreon DM, Wood PD. Diet vs exercise in weight maintenance. The effects of minimal intervention strategies on long-term outcomes in men. *Arch Intern Med* 1989; 149(12):2741-2746.

- (265) Pavlou KN, Krey S, Steffee WP. Exercise as an adjunct to weight loss and maintenance in moderately obese subjects. *Am J Clin Nutr* 1989; 49(5 Suppl):1115-1123.
- (266) van Dale D, Saris WH, ten Hoor F. Weight maintenance and resting metabolic rate 18-40 months after a diet/exercise treatment. *Int J Obes* 1990; 14(4):347-359.
- (267) Wadden TA, Vogt RA, Foster GD, Anderson DA. Exercise and the maintenance of weight loss: 1-year follow-up of a controlled clinical trial. *J Consult Clin Psychol* 1998; 66(2):429-433.
- (268) Miller WC, Koceja DM, Hamilton EJ. A meta-analysis of the past 25 years of weight loss research using diet, exercise or diet plus exercise intervention. *Int J Obes Relat Metab Disord* 1997; 21(10):941-947.
- (269) Miller WC, Koceja DM, Hamilton EJ. A meta-analysis of the past 25 years of weight loss research using diet, exercise or diet plus exercise intervention. *Int J Obes Relat Metab Disord* 1997; 21(10):941-947.
- (270) Wadden TA, Vogt RA, Foster GD, Anderson DA. Exercise and the maintenance of weight loss: 1-year follow-up of a controlled clinical trial. *J Consult Clin Psychol* 1998; 66(2):429-433.
- (271) Derby CA, Mohr BA, Goldstein I, Feldman HA, Johannes CB, McKinlay JB. Modifiable risk factors and erectile dysfunction: can lifestyle changes modify risk? *Urology* 2000; 56(2):302-306.
- (272) Esposito K, Giugliano F, Di Palo C, Giugliano G, Marfella R, D'Andrea F et al. Effect of lifestyle changes on erectile dysfunction in obese men: a randomized controlled trial. *JAMA* 2004; 291(24):2978-2984.
- (273) Koivisto VA, Felig P. Effects of leg exercise on insulin absorption in diabetic patients. *N Engl J Med* 1978; 298(2):79-83.
- (274) Tuominen JA, Karonen SL, Melamies L, Bolli G, Koivisto VA. Exercise-induced hypoglycaemia in IDDM patients treated with a short-acting insulin analogue. *Diabetologia* 1995; 38(1):106-111.
- (275) American College of Sports Medicine. Position stand. Physic activity, physical fitness, and hypertension. *Med Sci Sports Exerc* 1993; 25(10):i-x.
- (276) American College of Sports Medicine. Position stand. Physic activity, physical fitness, and hypertension. *Med Sci Sports Exerc* 1993; 25(10):i-x.
- (277) Tipton CM. Exercise and hypertension. In: Shephard RJ, Miller HSJ, editors. *Exercise and the heart in health and disease*. New York: Marcel Dekker Inc., 1999: 463-488.