

Resources and Referrals

Books

- Jonas S, Phillips EM. Exercise is medicine: a clinician's guide to exercise prescription. Philadelphia: Lippincott, Williams & Wilkins; 2009.
- Pescatello LS, Arena R, Riebe D, Thompson PD. ACSM's guidelines for exercise testing and prescription. Philadelphia: Lippincott Williams & Wilkins; 2014.
- Richardson C, Jull G, Hides J. Therapeutic exercise for spinal segmental stabilization in low back pain: scientific basis and clinical approach. Edinburgh, NY: Churchill Livingstone; 1999.
- Spark RJ. The revolutionary new science of exercise and the brain. New York: Little, Brown and Company; 2013.

Devices and Wearables

- AliveCor: Kardia Band
- Apple Watch
- Athos smart performance apparel
- Bellabeat LEAF
- Firstbeat
- Fitbit activity trackers
- Garmin activity trackers
- Hexoskin smart performance apparel
- InBody Band
- Jawbone Up fitness trackers
- Life Beam smart helmets
- Lumo Lift
- Microsoft Band
- Misfit activity and sleep trackers
- Moov Now
- Oura wellness and activity tracker
- Polar activity trackers
- Ringly
- The Dash smart earphones
- Under Armour activity trackers
- Upright posture trainer
- Vector smartwatches
- Withings activity trackers

Journals

- American Journal of Sports Medicine
- Clinical Journal of Sports Medicine
- Journal of Applied Physiology
- Journal of Physical Therapy Science
- Journal of Physiology
- Journal of Science and Medicine in Sport
- Journal of Sports Sciences
- Physiological Reports
- Sports Medicine

Journal Citations

- Acton-Jacobs R, Fluck D, Bonne TC, Burgi S, Christensen PM, Toigo M, et al. Improvements in exercise performance with high-intensity interval training coincide with an increase in skeletal muscle mitochondrial content and function. *J Appl Physiol*. 2013;115(6):785-93. doi:10.1152/jappphysiol.00445.2013.
- Akuthota V, Ferreiro A, Moore T, Fredericson M. Core stability exercise principles. *Curr Sports Med Rep*. 2008; 7(1):39-44. doi:10.1097/01.CSMR.0000308663.13278.69.
- Bogdinas GC, Stavrinou P, Fatouros IG, Philippou A, Chatzinikolaou A, Draganidis D, et al. Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in health humans. *Food Chem Toxicol*. 2013 Nov; 61:171-7. doi.org/10.1016/j.fct.2013.05.046.
- Burgomaster, KA, et al. Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. *J Physiol*. 2008; 586 (1): 151-160.
- Colberg SR, Swain DP, Vinik AI. Use of heart rate reserve and rating of perceived exertion to prescribe exercise intensity in diabetic autonomic neuropathy. *Diabetes Care*. 2003;26(4):986-990.
- Daussin FN, et al. Effect of interval versus continuous training on cardiorespiratory and mitochondrial functions: relationship to aerobic performance improvements in sedentary subjects. *Am J Physiol* . 2008; 295: 264-272.
- Garnier S, Joffroy S, Gaubert I, et al. Is practice rate rather than exercise intensity more important in health benefits of moderately obese postmenopausal women? *Ann Phys Rehabil Med*. 2015;58(3):119-125. doi:10.1016/j.rehab.2015.03.003.
- Hagner-Derengowska M, Kałużny K, Hagner W, et al. The influence of a ten-week Nordic walking training-rehabilitation program on the level of lipids in blood in overweight and obese postmenopausal women. *J Phys Ther Sci*. 2015;27(10):3039-3044. doi:10.1589/jpts.27.3039.
- Horowitz JF, Klein S. Lipid metabolism during endurance exercise. *Am J Clin Nutr*. 2000; , 72: 558-563.
- Johnson LG, Butson ML, Polman RC, et al. Light physical activity is positively associated with cognitive performance in older community dwelling adults. *J Sci Med Sport*. Feb 2016. doi:10.1016/j.jsams.2016.02.002.

Resources and Referrals

- Kang K-Y. Effects of core muscle stability training on the weight distribution and stability of the elderly. *J Phys Ther Sci*. 2015;27(10):3163-3165. doi:10.1589/jpts.27.3163.
- LaForgia J, Withers RT, Gore CJ. Effects of exercise intensity and duration on the excess post-exercise oxygen consumption. *J Sports Sci*. 2006; 24(12): 1247-1264.
- Lopes WA, Leite N, da Silva LR, et al. Effects of 12 weeks of combined training without caloric restriction on inflammatory markers in overweight girls. *J Sports Sci*. February 2016;1-11. doi:10.1080/02640414.2016.1142107.
- MacDougall JD, et al. Muscle performance and enzymatic adaptations to sprint interval training. *J Appl Physiol*. 1998; 84(6): 2138-2142.
- Mondal S. Science of exercise: ancient Indian origin. *J Assoc Physicians India*. 2013;61(8):560-562.
- Naylor LH, Davis EA, Kalic RJ, et al. Exercise training improves vascular function in adolescents with type 2 diabetes. *Physiol Rep*. 2016;4(4):e12713. doi:10.14814/phy2.12713.
- Nokia MS, Lensu S, Ahtiainen JP, et al. Physical exercise increases adult hippocampal neurogenesis in male rats provided it is aerobic and sustained. *J Physiol*. 2016;594(7):1855-1873. doi:10.1113/JP271552.
- O’Keefe JH, Patil HR, Lavie CJ, Magalski A, Vogel RA, McCullough PA. Potential adverse cardiovascular effects from excessive endurance exercise. *Mayo Clin Proc*. 2012;87(6):587-595. doi:10.1016/j.mayocp.2012.04.005.
- Peternelj T-T, Coombes JS. Antioxidant supplementation during exercise training: beneficial or detrimental? *Sports Med*. 2011;41(12):1043-1069. doi:10.2165/11594400-000000000-00000.
- Pinet BM, Prud’homme D, Gallant CA, Boulay P. Exercise intensity prescription in obese individuals. *Obesity (Silver Spring)*. 2008;16(9):2088-2095. doi:10.1038/oby.2008.272.
- Pingitore A, Lima GPP, Mastorci F, Quinones A, Iervasi G, Vassalle C. Exercise and oxidative stress: potential effects of antioxidant dietary strategies in sports. *Nutrition*. 2015;31(7-8):916-922. doi:10.1016/j.nut.2015.02.005.
- Saucedo Marquez CM, Vanaudenaerde B, Troosters T, Wenderoth N. High-intensity interval training evokes larger serum BDNF levels compared with intense continuous exercise. *J Appl Physiol*. 2015;119(12):1363-1373. doi:10.1152/jappphysiol.00126.2015.
- Swinburn BA, Walter LG, Arroll B, Tilyard MW, Russell DG. The green prescription study: a randomized controlled trial of written exercise advice provided by general practitioners. *Am J Public Health*. 1998;88(2):288-291.
- Tardioli A, Malliaras P, Maffulli N. Immediate and short-term effects of exercise on tendon structure: biochemical, biomechanical and imaging responses. *Br Med Bull*. 2012;103(1):169-202. doi:10.1093/bmb/ldr052.
- ten Brinke LF, Bolandzadeh N, Nagamatsu LS, et al. Aerobic exercise increases hippocampal volume in older women with probable mild cognitive impairment: a 6-month randomised controlled trial. *Br J Sports Med*. 2015;49(4):248-254. doi:10.1136/bjsports-2013-093184.
- Tipton CM. Susruta of India, an unrecognized contributor to the history of exercise physiology. *J Appl Physiol*. 2008;104(6):1553-1556. doi:10.1152/jappphysiol.00925.2007.
- Zahodne LB, Wall MM, Schupf N, Mayeux R, Manly JJ, Stem Y, et al. Late-life memory trajectories in relation to incident dementia and regional brain atrophy. *J Neurol*. 2015; 262(11):284-290.

Smartphone and Tablet Applications

- Apple Health (iOS)
- BettrLife (Android, iOS)
- Compendo (Android, iOS)
- Fitbit (Android, iOS, Windows)
- iHealth (Android, iOS)
- MyFitnessPal (Android, iOS, Windows)
- Nudge (Android, iOS)
- OlumiaLife (Android, iOS)
- S Health (Android)
- TrackActive (Android, iOS)

Websites

- American College of Sports Medicine
- American Council on Exercise
- Canadian Society for Exercise Physiology
 - Physical Activity Readiness Questionnaire (PAR-Q) Forms
- Exercise is Medicine
- Kin-Fit
 - HIIT—High Intensity Interval Training
- International Health, Racquet & Sportsclub Association
- Mavenlive
- National Academy of Sports Medicine
- Physitrack
- SimpleSet
- TrackActive