

Resources and Referrals— Active Living

Books

- Egger G, Binns A, Rossner S. Lifestyle medicine: managing diseases of lifestyle in the 21st century. 2nd ed. North Ryde, NSW: McGraw-Hill; 2010.
- 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.

Devices and Wearables

- [AliveCor: Kardia](#)
- [Apple Watch](#)
- [Bellabeat](#)
- [Fitbit activity trackers](#)
- [Garmin activity trackers](#)
- [InBody BAND 2](#)
- [Oura ring](#)
- [Polar activity trackers](#)
- [Ringly](#)
- [Under Armour connected shoes](#)
- [Withings](#)

Journals

- [American Journal of Preventive Medicine](#)
- [American Journal of Sports Medicine](#)
- [Clinical Journal of Sports Medicine](#)
- [Human Movement Science](#)
- [Journal of Applied Physiology](#)
- [Journal of Bodywork and Movement Therapies](#)
- [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

- Allender S, Hutchinson L, Foster C. Life-change events and participation in physical activity: a systematic review. *Health Promot Int.* 2008;23(2):160-172. doi:10.1093/heapro/dan012.
- Arias-Palencia NM, Solera-Martínez M, Gracia-Marco L, et al. Levels and patterns of objectively assessed physical activity and compliance with different public health guidelines in university students. *PLoS One.* 2015;10(11):e0141977. doi:10.1371/journal.pone.0141977.
- Beavis MJ, Moodie M. Incidental physical activity in Melbourne, Australia: health and economic impacts of mode of transport and suburban location. *Health Promot J Austr.* 2014;25(3):174-181. doi:10.1071/HE14057.
- Crizzle AM, Newhouse IJ. Is physical exercise beneficial for persons with Parkinson's disease? *Clin J Sport Med.* 2006;16(5):422-425. doi:10.1097/01.jsm.0000244612.55550.7d.
- Geda YE, Roberts RO, Knopman DS, et al. Physical exercise, aging, and mild cognitive impairment: a population-based study. *Arch Neurol.* 2010;67(1):80-86. doi:10.1001/archneurol.2009.297.
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- Johannsen DL, Ravussin E. Spontaneous physical activity: relationship between fidgeting and body weight control. *Curr Opin Endocrinol Diabetes Obes.* 2008;15(5):409-415. doi:10.1097/MED.0b013e32830b10bb.
- Johnston TE, Modlesky CM, Betz RR, Lauer RT. Muscle changes following cycling and/or electrical stimulation in pediatric spinal cord injury. *Arch Phys Med Rehabil.* 2011;92(12):1937-1943. doi:10.1016/j.apmr.2011.06.031.
- Marshall SJ, Levy SS, Tudor-Locke CE, et al. Translating physical activity recommendations into a pedometer-based step goal: 3000 steps in 30 minutes. *Am J Prev Med.* 2009;36(5):410-415. doi:10.1016/j.amepre.2009.01.021.
- Moore SC, Patel A V, Matthews CE, et al. Leisure time physical activity of moderate to vigorous intensity and mortality: a large pooled cohort analysis. *PLoS Med.* 2012;9(11):e1001335. doi:10.1371/journal.pmed.1001335.
- Owen N, Sparling PB, Healy GN, Dunstan DW, Matthews CE. Sedentary behavior: Emerging evidence for a new health risk. *Mayo Clinic Proc.* 2010;85(12):1138-41.3.

- Samaei A, Bakhtiary AH, Hajihassani A, et al. Uphill and downhill walking in multiple sclerosis: a randomized controlled trial. *Int J MS Care*. 18(1):34-41. doi:10.7224/1537-2073.2014-072.
- Stamatakis E, Rogers K, Ding D, et al. All-cause mortality effects of replacing sedentary time with physical activity and sleeping using an isothermal substitution model: a prospective study of 201,129 mid-aged and older adults. *Int J Behav Nutr Phys Act*. 2015;12:121. doi:10.1186/s12966-015-0280-7.
- Tudor-Locke C, Craig CL, Aoyagi Y, et al. How many steps/day are enough? For older adults and special populations. *Int J Behav Nutr Phys Act*. 2011;8:80. doi:10.1186/1479-5868-8-80.
- Villablanca PA, Alegria JR, Mookadam F, et al. Nonexercise activity thermogenesis in obesity management. *Mayo Clin Proc*. 2015;90(4):509-519. doi:10.1016/j.mayocp.2015.02.001.

Smartphone and Tablet Applications

- [Apple Health](#)
- [Fitbit](#)
- [iHealth](#)
- [MyFitnessPal](#)
- [Nudge](#)

Websites

- [American College of Sports Medicine](#)
- [American Council on Exercise](#)
- Center for Disease Control and Prevention: [National Center for Health Statistics](#)