

# Resources and Referrals— Exercise and Fitness

---

## *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](#)
- [Apple Watch](#)
- [Bellabeat](#)
- [Firstbeat](#)
- [Fitbit activity trackers](#)
- [Garmin activity trackers](#)
- [Hexoskin smart performance apparel](#)
- [InBody BAND 2](#)
- [Oura ring](#)
- [Polar activity trackers](#)
- [Ringly](#)
- [Under Armour connected shoes](#)
- [Upright posture trainer](#)
- [Withings](#)

## *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, 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, 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, Kałuzny 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(2 Suppl):558S-63S. doi:10.1093/ajcn/72.2.558S.

- 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.
- 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*. 2016;34(20):1902-1912. 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, Ahtainen 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, et al. 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, et al. 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, 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](#)
- [Fitbit](#)
- [iCardio](#)
- [iHealth](#)
- [MyFitnessPal](#)
- [Nudge](#)
- [Samsung Health](#)
- [TrackActive Pro](#)

### *Websites*

- [American College of Sports Medicine](#)
- [American Council on Exercise](#)
- [Canadian Society for Exercise Physiology: Get Active Questionnaire](#) (Pre-screening for physical activity)
- [Exercise is Medicine](#)
- [National Academy of Sports Medicine](#)
- [Physitrack](#)
- [SimpleSet](#)
- [TrackActive Pro](#)