

Resources and Referrals

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 Band
- Apple Watch
- Bellabeat LEAF
- Fitbit activity trackers
- Garmin activity trackers
- HOVR
- InBody Band
- Jawbone Up fitness trackers
- 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
- Vector smartwatches
- Withings activity trackers

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.
- Janssen I, Carson V, Lee I-M, Katzmarzyk PT, Blair SN. Years of life gained due to leisure-time physical activity in the U.S. *Am J Prev Med.* 2013;44(1):23-29. doi:10.1016/j.amepre.2012.09.056.
- 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 AV, 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.

Resources and Referrals

- Samaei A, Bakhtiary AH, Hajjhasani A, Fatemi E, Motaharinezhad F. 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, Holmes DR, Wright RS, Levine JA. 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 (iOS)
- BettrLife (Android, iOS)
- Comprendo (Android, iOS)
- Fitbit (Android, iOS, Windows)
- iHealth (Android, iOS)
- MyFitnessPal (Android, iOS, Windows)
- Nudge (Android, iOS)
- OlumiaLife (Android, iOS)

Websites

- American College of Sports Medicine
- American Council on Exercise
- Center for Disease Control and Prevention
 - National Center for Health Statistics