Design: Vicky Earle.

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief
Karim Khan (Canada)

Editors
Babette Pluim (Netherlands)
Kay Crossley (Australia)

Editorial Office
BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK
T: **+44 (0)20 7383 6622**
F: **+44 (0)20 7383 6787/6668**
E: **bjsm@bmj.com**
Twitter: **@BJSM_BMJ**

Guidelines for Authors and Reviewers
Full instructions are available online at http://bjsm.bmj.com/pages/authors/. Articles must be submitted electronically http://bjsm.bmj.com/pages/authors/. Authors retain copyright but are required to grant *BJSM* an exclusive licence to publish (http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/).

ISSN: 0306-3674 (print)
ISSN: 1473-0480 (online)
Impact factor: 6.6

Disclaimer: *BJSM* is published by BMJ Publishing Group Ltd (a wholly owned subsidiary of the British Medical Association) and the British Association of Sport and Exercise Medicine. The owners grant editorial freedom to the Editor of *BJSM*. *BJSM* follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics.

BJSM is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the British Association of Sport and Exercise Medicine or the BMA unless otherwise specifi ed or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of Heart or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

Copyright: © 2017 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission

BJSM is published by BMJ Publishing Group Ltd, typeset by Exeter Premedia Services Private Ltd, Chennai, India and printed in the UK on acid-free paper.

British Journal of Sports Medicine (ISSN: 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to *British Journal of Sports Medicine*, Air Business Ltd, c/o Worldnet Shipping Inc., 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Warm up
1381 Sex, drugs and rock 'n roll
J Zwerver, S de Jonge

Bright spots
1382 Bright spots, physical activity investments that work: Agita Mundo global network
V K R Matsudo, E V Lambert

Editorials
1384 The 'weekend warrior' physical activity pattern: how little is enough?
M Hamer, G O'Donovan, I-M Lee, E Stamatakis

1386 Massage and postexercise recovery: the science is emerging
T M Best, S K Crawford

1388 Launch of new series: bright spots, physical activity investments that work
E Stamatakis, A Murray

Consensus statement
1389 The Bangkok Declaration on Physical Activity for Global Health and Sustainable Development
ISPAH International Society for Physical Activity and Health

Reviews
1392 The economic burden of physical inactivity: a systematic review and critical appraisal
EDITOR'S CHOICE
D Ding,T Kolbe-Alexander, B Nguyen, P T Katzmarzyk, M Pratt, K D Lawson

1410 Does leisure time physical activity protect against low back pain? Systematic review and meta-analysis of 36 prospective cohort studies
EDITOR'S CHOICE
R Shiri, K Falah-Hassani

1419 Physical activity and exercise for erectile dysfunction: systematic review and meta-analysis
A B Silva, N Sousa, L F Azevedo, C Martins

1425 What is the effect of health coaching on physical activity participation in people aged 60 years and over? A systematic review of randomised controlled trials
J S Oliveira, C Sherrington, A B Amorim, A B Dario, A Tiedemann

Original article
1433 Using Web 2.0 applications to promote health-related physical activity: findings from the WALK 2.0 randomised controlled trial
OPEN ACCESS
G S Kolt, R R Rosenkranz, C Vandelanotte, C M Caperchione, A J Maeder, R Tague, T N Savage, A Van Itallie, W K Mummery, C Oldmeadow, M J Duncan

Infographic
1441 Infographic. Physical activity benefits for adults and older adults
H Reid, C Foster

1443 Infographic: bright spots—physical activity investments that work
A Kam

Education
1445 The Students As LifeStyle Activists (SALSA) program
S Shah, B C Foley, I Molinari, K-S Lim, V A Shrewsbury

Subscription information

British Journal of Sports Medicine is published monthly; subscribers receive all supplements

Institutional rates 2017

Print £755

Online Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://journals.bmj.com/content/subscribers?bjsm

Personal rates 2017

Print (includes online access at no additional cost)
£281

Online only £166

ISSN 0306-3674 (print); 1473-0480 (online)

Personal print or online only and institutional print subscriptions may be purchased online at http://group.bmj.com/subscribe/?bjsm (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or http://journals.bmj.com/content/subscribers?bjsm

EDITOR'S CHOICE
This article has been chosen by the Editor to be of special interest or importance and is freely available online.

OPEN ACCESS
This article has been made freely available online under the BMJ Journals Open Access scheme.
See **http://bjsm.bmj.com/site/about/guidelines.xhtml#open**

C O P E Member since 2008 JM00006
This journal is a member of and subscribes to the principles of the Committee on Publication Ethics **www.publicationethics.org.uk**

equator network

recycle When you have finished with this please recycle it

MCQs
The online version of this article contains multiple choice questions hosted on BMJ Learning.

Br J Sports Med: first published as on 1 October 2017. Downloaded from http://bjsm.bmj.com/ on April 18, 2024 by guest. Protected by copyright.