Warm up
623 Sport Medicine at its Peak
E L Cruz

Editorials
624 Tomorrow’s doctors want more teaching and training on physical activity for health
S A Osborne, J M Adams, S Fawkner, P Kelly, A D Murray, C W Oliver
625 Exercise medicine education should be expanded
M J Joyner, F Sanchís-Gomar, A Luís
626 β-alanine efficacy for sports performance improvement: from science to practice
G P Nassis, B Sporer, C G Stathis
628 Paradoxes and personalised medicine: from preseason to post-diagnosis
J S Thornton

Infographic
Infographic: Tomorrow’s doctors want to learn more about physical activity for health
H Scott, J Adams, S Osborne, E Jenkins, C W Oliver, G Baker, N Monte, P Kelly, S Fawkner

Education
630 A higher sport-related reinjury risk does not mean inadequate rehabilitation: the methodological challenge of choosing the correct comparison group
I Shrier, M Zhao, A Pické, P Stolovev, R J Steele

Reviews
636 Personalising exercise recommendations for brain health: considerations and future directions
C K Barha, L A Galea, L S Nagamatsu, K J Erickson, T Liu-Ambrose
640 Exercise-induced biochemical changes and their potential influence on cancer: a scientific review
R J Thomas, S A Kenfield, A Jimenez

Original articles
645 Training load—injury paradox: is greater preseason participation associated with lower in-season injury risk in elite rugby league players?
J Windt, T J Gabbett, D Ferris, K M Khan

651 Does physical activity moderate the association between alcohol drinking and all-cause, cancer and cardiovascular diseases mortality? A pooled analysis of eight British population cohorts
K Perera, A Bauman, N Johnson, A Britton, V Rangel, E Stamatakis

658 β-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis
B Saunders, K Ellott-Sale, G G Artioli, P A Swinton, E Delan, H Roschel, C Sale, B Guadino

670 Effect of exercise training on C-reactive protein: a systematic review and meta-analysis of randomised and non-randomised controlled trials
M V Fedewa, E D Hathaway, C L Ward-Ritacco

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

Institutional rates 2017
Print £755; US$1473; €1020
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; US$548; €380
Online only £168; US$324; €225

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

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 retain 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 BMJ unless otherwise specified 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 Grant 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 BJM 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.
Resistance training interventions across the cancer control continuum: a systematic review of the implementation of resistance training principles
C M Fairman, P N Hyde, B C Focht

Inside track
Julia Alleyne
J Windt

Margo Mountjoy
J Windt

PEDro systematic review update
Exercise-based programmes reduce sports injury in adolescents (PEDro synthesis)
P Butler, S J Kämper, C M Williams

PostScript
Correspondence: Physical activity to counteract the impact of alcohol intake on overall mortality risks
J M Gostner, D Fuchs, B Strasser