



Cover illustration by Malcolm Willatt.

Journal of the British Association of Sport and Exercise Medicine

Editor

Karim Khan (Canada)

Editorial Office

BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK

T: +44 (0)20 7874 7024

F: +44 (0)20 7383 6668

E: bjsm@bmjgroup.com

Guidelines for Authors and Reviewers

Full instructions are available online at <http://bjsm.bmj.com/fora>. Articles must be submitted electronically <http://submit-bjsm.bmj.com>. Authors retain copyright but are required to grant BJSM an exclusive licence to publish <http://bjsm.bmj.com/fora/licence.dtl>

ISSN: 0306-3674 (print)

ISSN: 1473-0480 (online)

Impact factor: 2.463

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 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 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.

To the fullest extent permitted by law, the BMJ Publishing Group Ltd shall not be liable for any loss, injury or damage resulting from the use of Emergency Medicine Journal 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: © 2009 BMJ Publishing Group 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 The Charlesworth Group, and printed in the UK on acid-free paper from sustainable forests by Cambrian Printers Limited, Aberystwyth, UK.

British Journal of Sports Medicine (USPS No: 003-957) is published monthly by BMJ Publishing Group and distributed in the USA by SPP, 75 Aberdeen Road, Emigsville, PA 17318, USA. Periodicals postage paid at Emigsville, PA, USA. POSTMASTER: send address changes to *British Journal of Sports Medicine*, PO Box 437, Emigsville, PA 17318-0437, USA.

Contents

Volume 43 Number 1 | BJSM January 2009

Warm up

- 1 Physical inactivity: the biggest public health problem of the 21st century
Steven N Blair

Editorials

- 3 Exercise is medicine and physicians need to prescribe it!
R E Sallis
- 5 Assertive screening: health checks prior to exercise programmes in older people
A J Campbell

Reviews

- 6 How do I measure physical activity in my patients? Questionnaires and objective methods
B E Ainsworth
- 10 Prevention in the first place: schools a setting for action on physical inactivity
P-J Naylor, H A McKay

- 14 After-school interventions to increase physical activity among youth
R R Pate, J R O'Neill

- 19 The role of primary care in promoting children's physical activity
J S Huang, J Sallis, K Patrick

- 22 Aerobic exercise effects on cognitive and neural plasticity in older adults
K I Erickson, A F Kramer

- 25 Exercise and cognition in older adults: is there a role for resistance training programmes?
T Liu-Ambrose, M G Donaldson

- 28 Physical activity and maintaining physical function in older adults
T M Manini, M Pahor

- 32 Physical activity interventions for cancer survivors
M L Irwin

- 39 Whole of community physical activity interventions: easier said than done
W K Mummery, W J Brown

- 44 The role of community programmes and mass events in promoting physical activity to patients
A Bauman, N Murphy, A Lane

- 47 Physical activity interventions in the workplace: the rationale and future direction for workplace wellness
M E Batt

Original articles

- 49 Does physical activity ameliorate the health hazards of obesity?
D C Lee, X Sui, S N Blair

- 52 Decreased exercise blood pressure in older adults after exercise training: contributions of increased fitness and decreased fatness
B B Barone, N-Y Wang, A C Bacher, K J Stewart

- 57 Prevention and Reduction of Obesity through Active Living (PROACTIVE): rationale, design and methods
R Ross, S N Blair, M Godwin, S Hotz, P T Katzmarzyk, M Lam, L Lévesque, S MacDonald

- 64 Targeting physical activity in a low socioeconomic status population: observations from the Norwegian "Romsås in Motion" study
A K Jenum, C A N Lorentzen, Y Ommundsen

- 70 Cost-effectiveness of interventions promoting physical activity
F Müller-Riemenschneider, T Reinhold, S N Willich

SportsMedUpdate

- 77 Evidence-based journal watch



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

Articles carrying the Unlocked Logo are freely available online under the BMJ Journals unlocked scheme. See <http://bjsm.bmj.com/info/unlocked.dtl>

These papers may be seen as "non-conformist" and challenging for classic peer review; for further information see <http://bjsm.bmj.com/cgi/content/full/42/2/79>

C O P E COMMITTEE ON PUBLICATION ETHICS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

www.publicationethics.org.uk

equator network