Warm up
535 Keep moving: overcoming physical, mental and pandemic challenges to stay active
D C (Christia) Janse van Rensburg, S Hendricks

Editorial
537 Physical activity for adults with disabilities: designing a South African infographic to communicate guidelines
R Naidoo, B Smith, C Foster, V Chetty

Consensus statement
539 Asia-Pacific Consensus Statement on integrated 24-hour activity guidelines for children and adolescents
B K G Loo, A D Ókéyé, A Pulungan, M Y Jalaludin, Asia-Pacific 24-Hour Activity Guidelines for Children and Adolescents Committee

Original research
546 COVID-19 Pandemic and Exercise (COPE) trial: a multigroup pragmatic randomised controlled trial examining effects of app-based at-home exercise programs on depressive symptoms
E Puterman, B Hoves, F Mezzano, N Grishin, J Webster, S Hoven, M S Koehle, Y Liu, M R Beauchamp

Is cardiac involvement prevalent in highly trained athletes after SARS-CoV-2 infection?
A cardiac magnetic resonance study using sex-matched and age-matched controls
L Szabó, V Juhász, Z Dobó, C Fogarasi, A Kovács, B K Lakatos, O Kiss, N Syáé, E Csulak, F I Suhaj, K Hirschberg, D Becker, B Mekerly, H Vágó

Subscription information

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

Institutional rates 2022
Print £991
Online £1,473

Online prices 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 2022
Print £348
Online £206

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
PhD Academy Award
592  Training load and health problems in football: more complex than we first thought? (PhD Academy Award)
    T Dalen-Lorentsen

Service spotlight
595  ‘Chop wood, carry water’ Dr Sharief Hendricks: an inspirational story of an impactful South African sports scientist
    D C (Christa) Janse van Rensburg