INDEX

A
Abdominal fat, 135
Absolute intensity scale, 66
Acid-base equilibrium, 62
Adenosine diphosphate (ADP), 65
Adenosine triphosphate (ATP), 65, 66
Adipocytes, 128
Adipose tissue, 128, 133, 134
Adolescents and physical activity
  bicycling activities, 200, 205
  bone mass development, 131, 132
  breast cancer incidence, 117
  cardiovascular disease risk factors, 91, 102
  high school physical education, 204, 205
  injuries, 142
  no regular activity, 189
  obesity, 43, 47, 133
  recommendations, 28–29
  regular, vigorous activity, 191, 196–197, 205
  school-based interventions, 6, 236–243
  sports team participation, 200
  stretching activities, 194, 200–201
  surveys, 175, 205
  trends, 8
  walking activities, 200, 205
Adults and physical activity
  assessment procedures, 30
  cardiovascular response, 75
  communications strategies, 229–230, 231
  community approaches, 227–229, 234
  determinants, modifiable, 215, 234
  exercise enjoyment, 215, 216
  health care settings, 226–227, 242
  individual approaches, 217, 226, 234
  promotion, 217, 234
  pulmonary ventilation rates in untrained, 64
  recommendations, 24–27, 43
  self-efficacy, 214–215, 217, 248
  self-monitoring, 217, 226, 234
  social support, 216, 226
  surveys, 175
  trends, 8
  worksites, 229–231, 234, 229
Aerobic exercise, 66
Aerobics Center Longitudinal Study, 86
Affective disorders, 135
African Americans
  adult activity interventions, 232, 236, 232
  bicycling activities by, 203
  Fitness Through Churches Project, 245
  high school physical education enrollment, 205
  no regular physical activity, 177, 192, 195
  physical activity trends in, 8
  regular, sustained physical activity, 183
  regular, vigorous physical activity, 185, 187, 196–197
  sports team participation, 200
  strengthening activities by, 189, 191, 198, 193
  stretching activities by, 191, 194, 201
  walking activities by, 203
Age factors, 74–76
  cardiorespiratory capacity and, 187
  exercise intensity and, 31–33
  hypertension and, 103
  no regular activity and, 177, 179, 192, 195
  physical activity and mortality rates, 86
  regular, sustained activity and, 183
  regular, vigorous activity and, 185, 187
  weight gain prevention and, 133, 232–233
Agility. See Psychomotor performance
Alabama
  Physical Activity for Risk Reduction project, 232
A Report of the Surgeon General

Amenorrhea, 131, 143
American Academy of Pediatrics, 28
American Alliance for Health, Physical Education, 
Recreation and Dance, 3, 244
American Association of Cardiovascular and 
Pulmonary Rehabilitation, 23
American Association of Health, Physical 
Education, and Recreation (AAHPER), 18
Health Related Physical Fitness Test, 18 
Youth Fitness Test, 18
American Cancer Society (ACS), 112
American College of Sports Medicine (ACSM), 5
  cardiorespiratory fitness (endurance) and, 4, 20 
  consultation for report by, 3
Guidelines for Exercise Testing and Prescription, 23
National Coalition for Promoting Physical 
Activity, 244
  physical activity recommendations, 33, 148
American Diabetes Association, 127
American Heart Association (AHA). 244
  cardiorespiratory endurance (fitness) and, 4 
  consultation for report by, 3
National Coalition for Promoting Physical 
Activity, 244
  physical activity counseling 
  recommendation, 244
American Hospital Association, 23
American Medical Association (AMA)
  exercise and physical fitness, 17
Guidelines for Adolescent Preventive Services 
(GAPS), 28, 242
Health and Fitness Program, 17
  physical activity counseling 
  recommendation, 244
Anemia, 143
Anxiety, 8, 137, 150
Angina pectoris, 45, 110–112, 143
Arterial baroreflex, resetting of, 63
Arterial mixed venous oxygen (A-VO₂), 62, 64, 70, 
75–77
Arterial vasodilatation, 111
Anovulation, 143
Arthritis, 7, 129–130, 142
Arthritis, rheumatoid, 129
Asthma, 143
Arthritis, rheumatoid, 129
Atherosclerosis, 5, 102, 103, 110–111, 128
Australian Heart Week (1990) campaign, 233
Behavioral sciences, adult
  ecological perspective, 214–215, 244
  health-belief model, 213, 217
  intervention studies. See under Intervention 
  studies (adolescent; adult; children)
  learning theories, 211, 214, 226, 228, 230
  planned behavior theory, 213–214, 226
  reasoned action theory, 213–214, 217
  relapse prevention model, 213, 226, 228
  social learning (cognitive) theory, 214, 217, 
  226, 228, 230, 235, 236
  social support, 220, 214, 227, 228
  transtheoretical model, 213, 235
Behavioral sciences, children and adolescents, 
234–243
  planned behavior theory, 213
  reasoned action theory, 213
  social learning (cognitive) theory, 214
Biogenic monoamines, 141
Behavioral sciences, children and adolescents, 
234–243
Blood flow, 63, 64, 65, 71, 111, 112, 128
Blood pressure, 16, 71, 90, 110, 111, 145
  adaptation to exercise, 73
  diastolic, 63, 70, 72, 102, 110
  end-diastolic volume, 71, 72
  mean arterial, 63
  response to resistance exercise, 65
  systolic, 63, 64, 70, 102, 110
  See related Hypertension; Hypotension
Blood volume, 70, 71, 72
Body composition, 21, 22, 35, 54, 134
Body fat, 7, 35, 102, 128–129, 134, 135, 145
Body mass index, 35, 90, 102, 126–127, 133, 134
Body surface area to mass ratio, 73–74
Body temperature, 62, 64, 141
Body weight, loss practices, 50, 44
Bone density, 69, 72, 73, 75, 130, 131, 132
Bone marrow, 67
Breast cancer, 7, 117–119, 123
British Association for the Advancement of Science, 19
Building Your Fitness Futures program, 232

C
Calcium, balance, 72
Caloric expenditure, 147
Calorimetry, 21, 29, 32
  indirect, 21, 32
Cancer, 43, 67, 149
  breast, 7, 117–119
  colon, 4, 5, 7, 114, 144, 145, 149
  endometrial, 7, 120–121, 149
  hormone-dependent in women, 117–121
  mortality incidence, 113
  ovarian, 7, 120, 149
  physical activity and, 7
  prostate, 7, 121–122, 124–125
  testicular, 7, 124, 149
  rectal, 7, 113, 116
  uterine, 117, 120–121
Capillaries, 71
  density of, 63, 65, 73
  endurance training and, 69
Carbohydrate, adenosine triphosphate production, 66
Carbon dioxide (CO₂), 18, 32, 61–62, 66
Cardiac output (Q), 62, 71
  contribution to mean arterial blood pressure, 63
  and heart rate, 62
  maximal (Q max), 62, 70, 71
  rest vs. exercise, 63
  stroke volume, 62, 63, 65
Cardiomyopathy, hypertrophic, 45
Cardiorespiratory endurance (fitness), 4, 6, 17
  age and, 187
  cholesterol, total, and, 102
  epidemiologic studies of, 131, 137, 143, 147, 182, 187, 201–205
  interventions, 244
  measurement of, 19–20, 32–37
  multiple sclerosis and, 233
  population-based studies, 85–90
  prostate cancer and, 121–125
  regular, intermittent exercise, 5
  sex factors and, 187
  See also Physical fitness
Cardiovascular diseases, 87
  of adolescents, interventions for, 236–243
  community-based intervention programs for, 227–229
  of children, interventions for, 236–243
  diabetes risk factors for, 127
  health care interventions for, 242
  myocardial infarction, 5, 43, 45, 112, 143
  physical activity and, 13–48, 43–15, 47
Cardiovascular system adaptations, 5, 7, 19
  to exercise, 7, 21, 61–62, 65, 70, 71, 87
  myocardial wall stress in, 63–64, 71
Cartilage, 130, 143
Catecholamine, 64, 66, 74
A Report of the Surgeon General

Causality, 144–145
Centers for Disease Control and Prevention (CDC), 5
Behavioral Risk Factor Surveillance System (BRFSS), 175, 205
exercise recommendations, 23, 28, 33, 148
Guidelines for School and Community Health Programs to Promote Physical Activity Among Youths, 237, 244
School Health Policies and Programs Study, 236–237
Youth Risk Behavior Survey, 175, 176, 189, 193–199, 205
Cerebrovascular disorders, 7, 47, 45, 102–103, 104–107, 110
Child and Adolescent Trial for Cardiovascular Health (CATCH) study, 239, 244
Children and physical activity, 75
assessment procedures, 29
behavioral research, 234–243
bone mass development, 131, 132
cardiovascular factors, 75, 91, 102
environmental factors, 73–74
goals, 28, 43
hypertension, 87
injuries, 142
minimum health standard, 17–18, 19
no regular activity, 4
obesity, 43, 47, 133, 134
obesity interventions, 248
regular, vigorous activity, 191
school-based interventions, 6
school program interventions, 236–243
Cholesterol, 19, 23, 47, 91, 102, 110–111
Church programs, 245
Cognition, 135, 141, 142
College Alumni Study, 36
Colon cancer, 4, 5, 7, 113–117, 146, 149
Colorectal cancer, 113
Communications interventions, 230–231
Community-based programs, 6, 227–229, 245–246
Community behavioral approaches, 227–229
Coronary artery
perfusion pressure increase, 64
vasodilation of, 64
Coronary artery bypass, 45
Coronary circulation, 63–64
Coronary disease, 16, 23, 28, 35, 37, 49, 47, 133, 140, 144–147, 149
inverse association with physical activity, 91
physical activity and, 4, 5, 7, 87, 90–91
population-based studies, 92–101
Coronary plaque, 110, 111, 112
Crime, 246–247

D
Dehydration, 75, 143
Dementia, 136
Depression, 8, 135, 136, 140, 150
Detraining, 21, 61, 72
Diabetes mellitus, 4–6, 28, 35, 37, 43, 90, 125, 133, 144–149, 232
Diabetic retinopathy, 128
Diastolic blood pressure. See under Blood pressure
Dietary Guidelines for Americans, 5, 28, 244
Disability. See Physically handicapped
Disuse atrophy, 72–73
Dyslipoproteinemia, 133

E
Eating disorders, 136
Edema, 133
Educational factors
no physical activity and, 177, 178, 196
regular sustained physical activity, 183
regular, vigorous physical activity, 183, 187
strengthening activity, 191
stretching activity, 191

268
Physical Activity and Health

Eisenhower, President Dwight D., 17, 18
Elderly persons
  behavioral intervention programs for, 233
  cardiovascular response to exercise, 75–76
  cold stress in, 74
  community-based programs for, 245–246
  falling, 7, 132
  health-related quality of life, 142
  maximal oxygen uptake in, 32, 70
  osteoporosis, 130–133
  physical activity interventions for, 233
  physical assessment procedures for, 30
  psychomotor performance of, 35
  resistance training and, 44
Electrocardiographic changes, 111
Emotional functioning, 141
Emphysema, 140
End-diastolic volume. See under Blood pressure
Endocrine factors, 66, 67, 70
Endocrine glands, 5, 7
  hormonal responses to exercise, 66
  See related Hormones
Endometrial cancer, 7, 114, 120, 149
Endorphins, 141
Endurance training, 4, 18, 19, 21, 61, 63, 65
  capillary increase by, 69
  health benefits of, 7, 43
  health-related quality of life, 142
  insulin sensitivity and, 127
  ischemia and, 112
  lactate threshold and, 67
  metabolic adaptations, 69–70
  muscle fibers in, 67
  obesity and, 135
  osteoporosis and, 150
Enkephalins, 141
Environmental exposure, 19, 73–74
  air pollution, 74
  cold climate disorders, 74
  hot and humid conditions, 63, 73, 143
Epicondylitis, 143
Equilibrium, 35, 44
Ergometer tests. See under Exercise tests
Erythropoietin, 68, 74
Estradiol-progesterone, 68
Estragen, 130, 131
Estrogen replacement therapy, 132
Exercise, 20, 21, 140. See also Physical activity;
  Physical activity, specific; Physical fitness;
  Physical fitness programs
Exercise physiology
  research, 18–20
  responses to, 61
  textbooks on, 61
Exercise tests
  accelerometers, 32
  bicycle ergometry, 62–63, 64, 66, 74–75
  maximal, 86, 87, 90
  motion sensors, 31–32
  for muscle fitness, 34–35
  pedometers, 31
  stabilometers, 32
  submaximal, 86, 87, 89
  treadmill, 32, 34, 122
Exercise training
  American College of Sports Medicine
    recommendations, 22
  benefits, 7
  bone adaptations, 67, 69
  cardiovascular diseases and, 45
  definition of, 20
  diabetes mellitus and, 128
  frequency of, 61
  interval vs. continuous, 19
    and lipoprotein, HDL, 43
  muscle, skeletal, adaptations, 67, 69
  triglycerides and, 111
  ventricular fibrillation, 112
A Report of the Surgeon General

F
- Falls, 143, 150
- Fatty acids, 111
- Fibrinogen, 43
- Fibrinolysis, 13, 112
- Fitness Through Churches Project, 245
- Foot injuries, 128, 143
- Fractures, 130–132, 143

G
- Gastrointestinal system problems, 130
- transit time, 122
- Genetic factors
  - diabetes mellitus, 126–127
  - maximal oxygen uptake and, 66, 70
  - training and, 65
- Glossary, 21
- Glucagon, 69
- Glucose intolerance, 72, 123
- Glucose tolerance, 127
- Glucose-6-phosphate, 132
- Glycogen, muscle storage of, 69
- Glycolysis
  - energy system for, 65–67
  - muscle fiber capacity, 66
- Go For Health (GFH), 239
- Governor's Councils on Physical Fitness and Sports, 245
- Guidelines for Adolescent Preventive Services (GAPS), 28
- Guidelines for Exercise Testing and Prescription (ACSM), 23, 28
- Guidelines for School and Community Health Programs to Promote Physical Activity Among Youths, 237, 244

H
- Handicapped. See Physically handicapped
- Harvard University, 16
  - alumni study, 86
  - Fatigue Laboratory, 19
- Health, 16–18, 22, 141
  - American College of Sports Medicine 1990 recommendations, 22–23
  - exercise physiology research and, 18–20
  - physical activity recommendations, 28–30
  - World Health Organization definition of, 141
- Health and Human Services (HHS), Department of, 245
- Office of Public Health and Science, 3
- Health and Religion Project (HARP), 245
- Health-related fitness, 20, 22
- Health-related quality of life, 141–142, 150
- Healthy People 2000, 23
  - cardiorespiratory fitness, 244
  - daily, moderate physical activity, 181, 200
  - exercise intensity in, 33
  - leisure-time activity target, 177
  - muscle strength, endurance, 187, 189, 192, 199, 200
  - objectives, 5, 175, 237, 245
  - physical education, 205
  - regular, vigorous activity, 182
  - worksite programs, 229–231
- Heart, adaptation to exercise, 71
- Heart defects, congenital, 45
- Heart disease, 142
- Heart failure, congestive, 45, 103
- Heart rate (HR), 31–32, 62, 72, 73
  - coronary circulation and, 66
  - maximal, 21
  - mean daily, 31
  - oxygen consumption and, 63
  - testing, 19, 31
  - training response and, 71
- Heat stress disorders, 74
- Heat exhaustion, 74
A Report of the Surgeon General

Intervention studies, adult, 8, 217
  communications, 229–230
  community approaches to, 227–229, 234, 227–229, 234, 245
  church programs for, 245
  environmental approach to, 244–245
  factors influencing, 215–217
  health care settings, 226–227
  individual approaches, 217, 226, 234
  mental disorders, 136
  policy approaches, 244–245
  promotion of, 226, 234
  societal barriers, 246–247
  societal resources, 247
  worksites, 229–231, 229–231, 236
Intervention studies, children, 8, 236
  accessibility, 243
  church programs for, 246
  determinants, modifiable, 243
  factors influencing, 243
  health care settings, 242
  outdoor activities, 243
  parental involvement, 243
  school-community programs, 242, 245
  school programs, 236–243
  self-efficacy, 242, 248
  societal barriers, 246–247
  societal resources, 247
Intervertebral disc displacement, 142
Intra-abdominal fat distribution, 128–129
Ischemia, 110, 111–112

K
  Kennedy, President John F., 18
  Kilocalorie (kcal), 21, 29, 140, 143, 146–147, 148
  Kilojoule (kJoule), 21, 29
  Know Your Body (KYB) program, 238

L
  Lacerations, 143
  Lactate threshold (LT), 66, 67, 69, 70
  Lactates, 66, 67, 70, 74
  Leukocytes, 128
  Ligaments, 69
  Lipoproteins, 110
    HDL, 43, 91, 102
    LDL, 91, 102
    lipase activity, 111
    profile, 111, 145
  Low back pain, 233–234
  Lung diseases, obstructive, 233–234
  Lymphocytes, 67

M
  Magnetic resonance imaging, 35
  Marfan syndrome, 45
  Mass spectrometer, 32
  Maximal oxygen uptake (VO2 max), 21, 23, 32–34, 62–63, 66, 67, 69–70, 72, 75–77, 110
  Media. See Communications interventions
  Men and physical activity
    no regular activity, 4, 8, 177, 178, 188, 189
    regular, sustained activity, 183, 188, 205
    regular vigorous activity, 183, 187, 188, 205
    selected physical activities, 188
    strengthening activities, 191
    trends, 8
  Menopause, 130, 131
  Mental disorders, 135
  Mental health, 4, 8, 135–141, 150
Mental retardation, 73
Metabolic equivalent (MET), 21, 29, 32, 33, 66, 148, 204
Metabolic rate, 66
Metabolism
  aerobic, 20, 21
  bed rest and disturbances of, 72
  benefits, 7
  carbohydrate, 128
  energy expenditure, 134
  glucose, 65, 128
  fat, 68
  muscle, skeletal, 65–67, 71–72
  protein, 66
  response to exercise, 18–19, 121, 64, 69–70
Metropolitan Life Insurance Company weight tables, 133
Minnesota Heart Health Program (MHHP), 227–228, 232
Minnesota Leisure-Time Physical Activity Questionnaire, 31, 36
Missouri "Bootheel" behavioral sciences study, 229, 232
Mitochondria, 66
Monocyte-macrophage system, 67
Mortality, 85–87, 149
  all-cause, 133
  diabetes mellitus, 125
  heart disease, 87
  lowering, 7
  premature, 4, 16
  traffic fatalities, 246
Multiple sclerosis, 73, 233–234
Muscle contractions, 34
Muscle fatigue, 65
Muscle fibers, 21
  fast- and slow-twitch, 65, 67, 69, 73
Muscles, skeletal, 5
  adaptations to exercise, 7, 44, 65, 67, 69–70
  atrophy of, 69, 72–73
  capillaries in trained, 71
  energy metabolism of, 65–67
  fibers in, 65, 67, 69, 73
  immobilization and, 72–73
  insulin and, 125, 130
  metabolic adaptations of, 69–70
  multiple sclerosis and, 233–234
  soreness in, 69
  structural damage to, 69
Muscular endurance (fitness), 21, 34–35
Muscular strength, 34, 44
Myocardial contraction, 65, 72
Myocardial infarction, 5, 44, 45, 112, 143
Myocardium, 111
Myosin ATP, 65

N
National Association for Sport and Physical Education, National Physical Education Standards, 244
National Coalition for Promoting Physical Activity, 244
National Institutes of Health (NIH), 5
  Consensus Development Conference Statement, Physical Activity and Cardiovascular Health, 5, 23, 28, 48, 148, 245
  intervention campaigns, 245
National Physical Education Standards, 244
Native Americans, 12
  adult physical activity interventions, 232
  behavioral intervention program, 232
Neoplasms. See Cancer
Neural factors, 67
Neuromas, 143
Nitric oxide, 132
Nitrogen, balance, 72

273
A Report of the Surgeon General

O

Obesity, 7, 43, 133–135, 150, 248
- abdominal, 35, 128–129
- adult physical activity interventions, 232–234
- behavioral intervention programs, 232–233
- in adolescents, 107
- in children, 102
- childhood intervention, 244
- trends in, 47, 46

Occupational medicine, 15

Occupational physical activity, 113, 116, 175, 189.
- See also Worksite physical fitness programs

Olympic Games, 12, 15

Osteoarthritis, 7, 129–130, 133, 149–150

Osteoporosis, 7, 23, 43, 69, 130–133, 150.
- See related Bone density

Otitis externa, 143

Ovarian cancer, 7, 114, 116–118, 149

Overtraining, 21, 140

Overweight, 133. See also Obesity

Oxidative capacity, of muscle fibers, 65, 67

Oxidative energy system, 65, 66

Oxygen
- arterial mixed venous, 62, 63, 70
- ATP production within mitochondria, 66
- body’s use of, 61
- delivery, 74
- extraction, blood flow, 63
- myocardial demand/use, 63, 64

Oxygen consumption (\(\text{VO}_2\)), 18, 31, 32, 34, 66, 70, 74, 110

Oxygen uptake. See Maximal oxygen uptake

P

Pain threshold, 130

Paleolithic rhythm, 11

Pawtucket Heart Health Program (PHHP), 229

Pediatricians. physical activity counseling by, 244

Peripheral vascular disease, 45

Personality disorders, 136

Phosphocreatine (PCr), 65

Physical activity, 21
- of adolescents. See Adolescents and physical activity
- of adults. See Adults and physical activity
- adverse effects of, 142–144
- approaches to, 46–47
- of children. See Children and physical activity
- definition of, 20
- dosage, 146–148
- duration of, 44, 147, 148
- evolution of recommendations, 22–28
- frequency of, 44
- intensity of, 29–33, 35–36, 44
- measures of, 211–215
- no regular, 15–16, 23, 50, 46–48, 177–189, 188, 195, 248
- regular, intermittent, 11, 148
- regular, sustained, 4, 6, 23, 37, 49, 43, 110, 146–147, 182–183, 244
- regular, vigorous, 4, 6, 11, 23, 37, 50, 110, 127–128, 146–147, 182–187, 188, 244
- research considerations, 47, 150
- social environmental approaches to, 244–245
- surveys of, 175, 177

Physical activity. specific
- aerobics, 200, 205
- baseball, 129, 143, 200, 205
- basketball, 143, 200, 205
- bicycling, 4, 143, 144, 187, 200, 203
- boxing, 143
- carpentry, 140
- dancing, 14, 143, 144, 148, 187, 200, 205
- football, 129, 143, 200, 205
- Frisbee, 197–198, 205
- gardening, 8, 140, 144, 147, 187
- golfing, 140
- hockey, 140, 148
- horseback riding, 14
housecleaning, 147, 148, 200, 205
jogging, 140, 142, 144, 148, 187, 198, 205
kickball, 12
lacrosse, 12
racquetball, 143, 197–198, 205
running, 4, 12, 65, 66, 70, 129, 140, 142, 143, 144, 148, 187, 198, 205
skating, 197–198, 205
skateboarding, 197–198, 205
skiing, 197–198, 205
soccer, 129, 143, 197–198, 205
softball, 144, 197–198, 205
stair climbing, 127, 147, 187
squash, 197–198, 205
swimming, 140, 143, 144, 197–198, 205
tennis, 14, 140, 197–198, 205
volleyball, 4, 148,
walking, 4, 8, 14, 33, 127, 140, 144, 148, 187, 197–198, 203, 204, 205, 233
weight lifting, 129, 143
yard work, 4, 8, 147, 187, 202, 200, 205, 205
Physical Activity for Risk Reduction (PARR) project, 232
Physical education, 8, 16–18
   enrollment in, 4
   in high school, 205, 205
   school program interventions, 243, 246–249
Physical examination, 6, 45, 47
Physical fitness, 16–18, 21
   assessment procedures, direct monitoring, 31–36
   assessment procedures, self-reporting, 29–31
   definition of, 20
   level of, 61
   maintenance of, 71–72
   maximal oxygen uptake and. See Maximal oxygen uptake
   measurement of, 33–35
   physical activity relationship, 43
   worksite programs, 48, 46, 48
See also Cardiorespiratory endurance (fitness)

Physical fitness programs
   detraining and, 61, 72
   endurance training, 61, 63, 65, 67, 69–70
   exercise training, 61, 67, 69
   resistance training, 61, 65, 69, 70

Physical functioning, 141

Physical inactivity, 5, 6, 72, 73, 145–146, 148
   bone loss and muscle atrophy in, 69
   diseases of, 15–16
   exercise programs and, 37
   health burden of lifestyle, 42–43
   mortality and, 86
   percentage of, 4
   physical activity recommendations for, 29
   physiological alterations after endurance training, 70
   societal inducements for, 254–247
   working toward recommendations, 44

Physically handicapped, 73
   behavioral intervention programs, 233–234
   childhood interventions, 233, 244
   no regular activity and, 189
   regular, moderate activity and, 189
   regular, vigorous activity and, 189

Physician-based Assessment and Counseling for Exercise (PACE), 227

Plasma insulin concentration, 128
Plasma lipid/lipoprotein, 110, 111
Plasma volume, 71, 72, 74
Platelet function, 43
Population attributable risk (PAR), 145–146
Postmenopause, 131
Postpoliomyelitis syndrome, 73
Power, 21, 85

President's Citizens Advisory Committee on the Fitness of American Youth, 18
President's Conference on Fitness of American Youth, 18
President's Council on Physical Fitness, 18, 23
President's Council on Physical Fitness and Sports (PCPFS), 3, 5, 18, 227, 245
A Report of the Surgeon General

President's Conference on Youth Fitness, 18
Presidential Physical Fitness Award, 18
Preventive medicine, 11-18
Prostaglandin, 68, 113-117, 124
Prostate cancer, 7, 121-122, 124-125
Proteoglycan synthesis, 130
Psychological assessments, 136-137
Psychomotor performance, 17, 19-20, 35, 44
Pulmonary ventilation, 64, 71
Pulse rate, 16

Q
Quadriplegia, 75
Quality of life, 8, 141-142, 150
Quetelet's index, 133

R
Rating of perceived exertion (RPE) scale, 33
Reaction time, 21
Receptors, sensory, 141
Rectal cancer, 7, 113, 116, 122, 149
Relative perceived exertion (RPE), 21
Renin-angiotensin system, 68
Resistance training, 4, 10, 21, 29, 37, 44, 61, 65, 69
adolescent, 196, 198-200
elderly persons and, 7, 132-133
glucose-insulin dynamics, 128
muscle, skeletal effects of, 69
obesity and, 135
osteoporosis and, 150
risk factors, 67
strengthening activities for, 187, 189, 191-192, 193, 199-200
sex factors, 70
Respiration rate (RR), 70, 71
Respiratory system, 5
adaptation to exercise, 71
physiological alterations after endurance training, 70
resistance exercise and, 65
response to exercise, 61-62, 64
Retraining, 21
Rhabdomyolysis, 143
Rhode Island
Department of Parks and Recreation, 229
Health and Religion Project, 245
Pawtucket Heart Health Program, 229
Roosevelt, President Franklin D., 17

S
Schizophrenia, 136
School program interventions, 6, 236-243, 246-248
Sedentary persons. See Physical inactivity
Self concept, 130, 141, 142
Self-help, 15-15, 29-31
Senior citizens. See Elderly persons
Sex factors
in exercise training, 70, 76-77
hormonal responses to exercise, 67
hormone-dependent cancers in men, 121-125
hormone-dependent cancers in women, 114-121
physical inactivity and, 177-178
specific physical activities and, 187-189
strengthening, stretching activities by, 191
weight gain prevention and, 232
Shoulder dislocation, 142
Skeletal muscles. See Muscles, skeletal
Skin, receiving cardiac output at rest vs. exercise, 63
Skinfold measures, 133, 134
Sleep disorders, 136
Social environment
barriers, 246-247
behavioral influences, 215,
resources, 247
Social functioning, 141
Social sciences. See Behavioral sciences, adult;
children and adolescents
Socioeconomic factors
bicycling activities and, 203
physical inactivity and, 177, 178, 196
resistance training and, 193
stretching activities and, 194
walking activities and, 200
Speed, 21, 203-204
Splanchnic circulation, 63
Sports, Play, and Active Recreation for Kids
(SPAR) study, 239
Stanford Adolescent Heart Health Program, 238
Stanford Five-City Project (SFCP), 229
Strength, 21, 22
Strength testing, 16, 34
Strength training. See Resistance training
Stretching activities, 187, 191-192
Stroke volume (SV), 62, 71-73
Substance use disorders, 136
Suicide, 135, 140
Systolic blood pressure (SBP), 63, 64, 70

T
T-lymphocytes. See Lymphocytes
Tai chi chuan, 12, 113
Taoism, 12
Tecumseh questionnaire, 31
Temperature. See Body temperature
Tendinitis, 143
Tendons, 69
Testicular cancer, 7, 124, 147
Thrombosis, 102, 110, 112
Thymus gland, 67
Tidal volume (TV), 70, 71
Training heart rate (THR), 21
Transient constriction, 111
Triglycerides, 111
Trust for Public Land, The, 245

U
Ulnar nerve palsies, 143
United Kingdom Testicular Cancer Study Group, 122
United States regions
East, 12
Midwest, 229
North central, 177, 187
Northeast, 177, 187
South, 177, 189, 187
Southwest, 12
West, 177, 182, 187, 189, 187
U.S. Preventive Services Task Force, 28
Urogenital system, 143
Uterine cancer, 114, 120-121

V
Vasoconstriction, 76
Ventilatory volume (V̝), 70, 74
Ventricular dysfunction, left, 103
Ventricular end-diastolic volume, 71, 72
Ventricular fibrillation, 112
Vertebral fractures, 130
Virginia
Smyth County program, 245

W
Water-electrolyte imbalance, 143
Weather factors
seasonality, 184, 196, 196, 200, 204
summer months, 184, 187
walking, bicycling activities and, 204
Weight Gain Prevention Program, 232
A Report of the Surgeon General

West Virginia
- elderly mall walking campaign in, 233

Whites
- behavior intervention program for, 232
- bicycling activities by, 203
- high school physical education enrollment, 205
- no regular activity, 177, 188, 195
- physical activity trends in, 8
- regular, sustained activity, 183
- regular, vigorous activity, 183, 187, 188, 196, 197
- sports team participation, 200
- strengthening activities by, 189, 191, 193, 199
- stretching activities by, 191, 194, 201
- walking activities by, 203

Wise Weighs program, 232

Women and physical activity
- no regular activity, 177, 178, 188, 205
- regular, sustained activity, 183, 188, 203
- regular, vigorous activity, 185, 187, 188, 189
- selected physical activities, 188
- strengthening activities, 191
- trends, 8

Work rate, 64, 71
- energy metabolism and, 65
- energy systems and, 65–66
- increasing, 62–63, 64

Worksite physical fitness programs, 48, 48, 48, 184

World Health Organization, definition of health, 141

World War I, 16

World War II, 17, 18, 19

Y

YMCA, 23

Yoga, 12

Z

Zuni Diabetes Project, 232