

# REFERENCES

1. James WPT. 1995. A public health approach to the problem of obesity. *International Journal of Obesity and Related Metabolic Disorders*. 19(Suppl 3):S37-S45.
2. Dunn AL, Marcus BH, Kampert JB, Garcia ME, Kohl HW, Blair SN. 1999. Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness: a randomized trial. *Journal of the American Medical Association*. 281(4):327-334.
3. Jakicic JM, Wing RR, Butler BA, Robertson RJ. 1995. Prescribing exercise in multiple short bouts versus one continuous bout: effects on adherence, cardiorespiratory fitness, and weight loss in overweight women. *International Journal of Obesity and Related Metabolic Disorders*. 19(12):893-901.
4. Neiman DC, Henson DA, Guswitch G, Warren BJ, Dotson RC, Butterworth DE, Nehlsen-Cannarella SL. 1993. Physical activity and immune function in elderly women. *Medicine and Science in Sports and Exercise*. 25(7):823-831.
5. Giovannucci E, Ascherio A, Rimm EB, Colditz GA, Stampfer MJ, Willett WC. 1995. Physical activity, obesity and risk of colon cancer and adenoma in men. *Annals of Internal Medicine*. 122(5):327-334.
6. Brownell KD, Stunkard AJ, Albaum JM. 1980. Evaluation and modification of exercise patterns in the natural environment. *American Journal of Psychiatry*. 137(12):1540-1545.
7. Boreham CA, Wallace WF, Nevill A. 2000. Training effects of accumulated daily stair-climbing exercise in previously sedentary young women. *Preventive Medicine*. 30(4):277-281.
8. Blair SN, Kampert JB, Kohl HW, Barlow CE, Macera CA, Paffenbarger RS, Gibbons LW. 1996. Influences of cardiorespiratory fitness and other precursors on cardiovascular disease and all-cause mortality in men and women. *Journal of the American Medical Association*. 276(3):205-210.
9. President's Council on Physical Fitness and Sports and the Sporting Goods Manufacturers Association. 1993. American attitudes toward physical activity and fitness: a national survey. A survey conducted by Peter D. Hart Research Associates, Washington DC.
10. Wei M, Gibbons LW, Kampert JB, Nichaman MZ, Blair SN. 2000. Low cardiorespiratory fitness and physical inactivity as predictors of mortality in men with type 2 diabetes. *Annals of Internal Medicine*. 132(8):605-611.
11. Hu FB, Sigal RJ, Rich-Edwards JW, Colditz GA, Solomon CG, Willett WC, Speizer FE, Manson JE. 1999. Walking compared with vigorous physical activity and risk of type 2 diabetes in women: a prospective study. *Journal of the American Medical Association*. 282(15):1433-1439.
12. Thune I. 1996. Physical activity and risk of colorectal cancer in men and women. *British Journal of Cancer*. 73(9):1134-1140.
13. Yanovski JA, Yanovski SZ, Sovik KN, Nguyen TT, O'Neil PM, Sebring NG. 2000. A prospective study of holiday weight gain. *New England Journal of Medicine*. 342(12):861-867.
14. Marcus BH, Albrecht AE, King TK, Parisi AF, Pinto B, Roberts M, Niaura RS, Abrams DB. 1999. The efficacy of exercise as an aid to smoking cessation in women: a randomized controlled trial. *Archives of Internal Medicine*. 159(11):1229-1234.
15. Berk LS, Tan SA, Fry WF, Napier BJ, Lee JW, Hubbard RW, Lewis JE, Eby WC. 1989. Neuroendocrine and stress hormone changes during mirthful laughter. *American Journal of Medicine and Science*. 298(6):390-396.
16. Lee DL, Blair SN, Jackson AS. 1999. Cardiorespiratory fitness, body composition, and all-cause and cardiovascular disease mortality in men. *American Journal of Clinical Nutrition*. 69(3):373-380.
17. Jakicic JM, Winters C, Lang W, Wing RR. 1999. Effects of intermittent exercise and use of home exercise equipment on adherence, weight loss, and fitness in overweight women: a randomized trial. *Journal of the American Medical Association*. 282(16):1554-1560.
18. Esparza J, Fox C, Harper IT, Bennett PH, Schulz LO, Valencia ME, Ravussin E. 2000. Daily energy expenditure in Mexican and USA Pima Indians: low physical activity as a possible cause of obesity. *International Journal of Obesity and Related Disorders*. 24(1):55-59.