References:

1. J. A. Berlin, G. A. Coldit, "A meta-analysis of physical activity in the prevention of coronary heart disease," *American Journal of Epidemiology* 1990;132:612-628.

2. S. N. Blair, "Physical activity, fitness, and coronary heart disease," in C. Bouchard, R. J. Shephard, T. Stephens (eds), *Physical Activity, Fitness, and Health: International Proceedings and Consensus Statement* (Champaign, IL: Human Kinetics, 1994), pp. 579-590.

3. K. E. Powell, P. D. Thompson, C. J. Caspersen, J. S. Kendrick, "Physical activity and the incidence of coronary heart disease," *Annual Review of Public Health* 1987;8:253-287.

4. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 102.

5. A. R. Folsom, R. J. Prineas, S. A. Kaye, R. G. Munger, "Incidence of hypertension and stroke in relation to body fat distribution and other risk factors in older women," *Stroke* 1990;21:701-706.

6. R. S. Paffenbarger Jr., D. L. Jung, R. W. Leung, R. T. Hyde, "Physical activity and hypertension: An epidemiological view," *Annals of Medicine* 1991;23:319-327.

7. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 103.

8. B.C. Ministry of Health and Ministry Responsible for Seniors, *Selected Vital Statistics and Health Status Indicators: Annual Report 1995* (Victoria: Division of Vital Statistics, 1996).

9. B. M. L. James, "Lifestyle and behavioral risk factors," in *Public Health and Preventive Medicine in Canada* (Toronto: University of Toronto Press, 1994).

10. B.C. Ministry of Health and Ministry Responsible for Seniors, *Selected Vital Statistics and Health Status Indicators: Annual Report 1995* (Victoria: Division of Vital Statistics, 1996).

11. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 113.

12. C. Bouchard, R. J. Shephard, T. Stephens, "Physical activity and fitness in disease," in *Physical Activity, Fitness, and Health - Consensus Statement* (Champaign, IL: Human Kinetics, 1994), p. 77.

13. I. M. Lee, R. S. Paffenbarger Jr., C. C. Hsieh, "Physical activity and risk of developing colorectal cancer among college alumni," *Journal of the National Cancer Institute* 1991;83:1324-1329.

14. J. E. Vena, S. Graham, M. Zielezny, J. Brasure, M. K. Swanson, "Occupational exercise and risk of cancer," *American Journal of Clinical Nutrition* 1987;45:318-327.

15. W. Zheng, X. O. Shu, J. K. McLaughlin, W. H. Chow, Y. T. Gao, W. J. Blot, "Occupational physical activity and the incidence of cancer of the breast, corpus uteri, and ovary in Shanghai," *Cancer* 1993;71:3620-3624.

16. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 117.

17. National Cancer Institute of Canada, *Canadian Cancer Statistics 1996* (Toronto: National Cancer Institute of Canada, 1996).

18. B.C. Ministry of Health and Ministry Responsible for Seniors, *Selected Vital Statistics and Health Status Indicators: Annual Report 1995* (Victoria: Division of Vital Statistics, 1996).

19. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 125.

20. S. A. Kaye,, A. R. Folsom, J. M. Sprafka, R. J. Prineas, R. B. Wallace, "Increased incidence of diabetes mellitus in relation to abdominal adiposity in older women," *Journal of Clinical Epidemiology* 1991;44:329-334.

21. M. Uusitupa, O. Siitonen, K. Pyorala A. Aro, K. Hersio, I. Penttila, E. Voutilainen, "The relationship of cardiovascular risk factors to the prevalence of coronary heart disease in newly diagnosed type 2 (non-insulin-dependent) diabetes," *Diabetologia* 1985;28:653-659.

22. Ibid.

23. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 126.

24. S. P. Helmrich, D. R. Ragland, R. W. Leung, R. S. Paffenbarger Jr., "Physical activity and reduced occurrence of non-insulin-dependent diabetes mellitus," *New England Journal of Medicine* 1991;325:147-152.

25. Statistics Canada, *National Population Health Survey* (Ottawa: Statistics Canada, 1994).

26. C. Bouchard, R. J. Shephard, T. Stephens, "Physical activity and fitness in disease," in *Physical Activity, Fitness, and Health - Consensus Statement* (Champaign, IL: Human Kinetics, 1994), p. 66.

27. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 125.

28. D. W. Puett, M. R. Griffin, "Published trials of non-medicinal and noninvasive therapies for hip and knee osteoarthritis," *Annals of Internal Medicine* 1994;121:133-140.

29. J. P. Allegrante, P. A. Kovar, C. R. MacKenzie, M. G. Peterson, B. Gutin, "A walking education program for patients with osteoarthritis of the knee: Theory and intervention strategies," *Heath Education Quarterly* 1993;20:63-81.

30. N. M. Fisher, V. D. Kame Jr., L. Rouse, D. R. Pendergast, "Quantitive evaluation of a home exercise program on muscle and functional capacity of patients with osteoarthritis," *American Journal of Physical Medicine and Rehabilitation* 1994;73:413-420.

31. M. A. Minor, J. E. Hewett, R. R. Webel, T. E. Dreisinger, D. R. Kay, "Exercise tolerance and disease-related measures in patients with rheumatoid arthritis and osteoarthritis," *Journal of Rheumatology* 1988;15:905-911.

32. M. A. Minor, J. E. Hewett, R. R. Webel, S. K. Anderson, D. R. Kay, "Efficacy of physical conditioning exercise in patients with rheumatoid arthritis and osteoarthritis," *Arthritis and Rheumatism* 1989;32:1396-1405.

33. H. Holman, P. Mazonson, K. Lorig, "Health education for self-management has significant early and sustained benefits in chronic arthritis," *Transactions of the Association of American Physicians* 1989;102:204-208.

34. M. A. Minor, J. D. Brown, "Exercise maintenance of persons with arthritis after participation in a class experience," *Health Education Quarterly* 1993;20:83-95.

35. M. A. Minor, "Physical activity and management of arthritis," *Annals of Behavioral Medicine* 1991;13:117-124.

36. Ministry of Health and Ministry Responsible for Seniors, *A Report on the Health of British Columbians: Provincial Health Officer's Annual Report 1996* (Victoria: Ministry of Health and Ministry Responsible for Seniors, 1997), p. 127.

37. Canadian Fitness and Lifestyle Research Institute, "Update on osteoporosis," *The Research File* 92-11.

38. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 130.

39. E. M. Kirchner, R. D. Lewis, P. J. O'Connor, "Effect of past gymnastics participation on adult bone mass," *Journal of Applied Physiology* 1996;80:225-232.

40. R. R. Recker, K. M. Davies, S. M. Hinders, R. P. Heaney, M. R. Stegman, D. B. Kimmel, "Bone gain in young adult women," *Journal of the American Medical Association* 1992;268:2403-2408.

41. S. Shimegi, M. Yanagita, H. Okano, M. Yamada, H. Fukui, Y. Fukumura, et al., "Physical exercise increases bone mineral density in postmenopausal women," *Endocrine Journal* 1994;41:49-56.

42. C. Bouchard, R. J. Shephard, T. Stephens, "Physical activity and fitness in disease," in *Physical Activity, Fitness, and Health - Consensus Statement* (Champaign, IL: Human Kinetics, 1994), p. 70.

43. Ministry of Health and Ministry Responsible for Seniors, *A Report on the Health of British Columbians: Provincial Health Officer's Annual Report 1995* (Victoria: Ministry of Health and Ministry Responsible for Seniors, 1996), p. 173.

44. Osteoporosis Society of Canada, *Osteoporosis Fact Sheet* (Toronto: Osteoporosis Society of Canada, 1996).

45. A. D. Martin, K. G. Silverthorn, C S. Houston, S. B. Bernhardson, A. Wajda L. L. Roos, "The incidence of fracture of the proximal femur in two million Canadians from 1972 to 1984: Projections for Canada in the year 2006," *Clinical Orthopaedics* 1991;266;111-118.

46. Ministry of Health and Ministry Responsible for Seniors, *A Report on the Health of British Columbians: Provincial Health Officer's Annual Report 1995* (Victoria: Ministry of Health and Ministry Responsible for Seniors, 1996), p. 173.

47. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General* (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996), p. 133.

48. L. DiPietro, "Physical activity, body weight, and adiposity: An epidemiologic perspective," *Exercise and Sport Sciences Reviews* 1995;23:275-303.

49. S. A. French, R. W. Jeffery, J. L. Forster, P. G. McGovern, S. H. Kelder, J. E. Baxter, "Predictors of weight change over two years among a population of working adults: The Healthy Worker Project," *International Journal of Obesity* 1994;18:145-154.

50. P. L. Y. H. Ching, W. C. Willett, E. B. Rimm, G. A. Colditz, S. L. Gortmaker, M. J. Stempfer, "Activity level and risk of overweight in male health professionals," *American Journal of Public Health* 1996;86:25-30.

51. M. L. Stefanick, "Exercise and weight control," *Exercise and Sport Sciences Reviews* 1993;21:363-396.

52. D. L. Ballor, R. E. Keesey, "A meta-analysis of the factors affecting exercise-induced changes in body mass, fat mass, and fat-free mass in males and females," *International Journal of Obesity* 1991;15:717-726.

53. J. P. Foreyt, G. K. Goodrick, A. M. Gotto, "Limitations of behavioral treatment of obesity: Review and analysis," *Journal of Behavioral Medicine* 1991;4(2);159-174.

54. Health Canada, *Canadians and Heart Health: Reducing the Risk*, undated pamphlet.

55. A. Steptoe, S. Edwards, J. Moses, A. Mathews, "The effects of exercise training on mood and perceived coping ability in anxious adults from the general population," *Journal of Psychosomatic Research* 1989;33:537-547.

56. W. P.Morgan, J. A. Roberts, F. R. Brand, A. D. Feinerman, "Psychological effect of chronic physical activity," *Medicine and Science in Sports* 1970;2:213-217.

57. E. J. Doyne, D. J. Ossip-Klein, E. D. Bowman, K. M. Osborn, I. B. McDougall-Wilson, R. A. Neimeyer, "Running versus weight lifting in the treatment of depression," *Journal of Consulting and Clinical Psychology* 1987;55:748-754.

58. T. Stephens, "Physical activity and mental health in the United States and Canada: Evidence from four population surveys," *Preventive Medicine* 1988;17:35-47.

59. C. J. Frankish, D. Milligan, C. Reid, *Active Living and Mental Health: Their Relations in the Context of Life Circumstances and Determinants of Health*, a report prepared for the Canadian Fitness and Lifestyle Research Institute and Health Canada, Institute of Health Promotion Research, University of British Columbia, 1996, p. 119.

60. Government of Canada, *Hospital Morbidity and Surgical Procedures 1993-94* (Ottawa: Statistics Canada, 1995).

61. C. J. Frankish, D. Milligan, C. Reid, *Active Living and Mental Health: Their Relations in the Context of Life Circumstances and Determinants of Health*, a report prepared for the Canadian Fitness and Lifestyle Research Institute and Health Canada, Institute of Health Promotion Research, University of British Columbia, 1996, p. 117.

62. Ibid, p. 117.

63. Ibid, p. 117.

64. Canadian Fitness and Lifestyle Research Institute, "Exercise, anxiety, and depression," *The Research File* 94-07.

65. B. Long, R. Vanstave, "Effects of exercise training on anxiety - a meta-analysis," *Journal of Applied Sport Psychology* 1995;7(2):167-189.

66. C. Taylor, J. Sallis, R. Needle, "The relationship between physical activity and exercise and mental health," *Public Health Reports* 1985;100:195-201.

67. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General*. (Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion) 1996, p. 77.

68. C. K. Ewart, "Psychological effects of resistive weight training: Implications for cardiac patients," *Medicine and Science in Sports and Exercise* 1989;21:683-688.

69. N. M. Fisher, G. E. Gresham, M. Abrams, J. Hicks, D. Horrigan, D. R. Pendergast, "Quantitative effects of physical therapy on muscular and functional performance in subjects with osteoarthritis of the knees," *Archives of Physical Medicine and Rehabilitation* 1993;74:840-847.

70. G. W. Stewart, *Active Living - The Miracle Medicine for a Long and Healthy Life* (Champaign, IL: Human Kinetics, 1995), p. 38.

71. Canadian Fitness and Lifestyle Research Institute, "Back care and fitness," *The Research File* 93-08.

72. L. D. Cady, D. P. Bischoff, E. R. O'Connell, P. C. Thomas, J. H. Allan, "Strength and fitness and subsequent back injuries in firefighters," *Journal of Occupational Medicine* 1979;4:269-272.

73. R. A. Deyo, J. E. Bass, "Lifestyle and low back pain: The influence of smoking, exercise and obesity," Clin. Res. 1987;35:577A. Presented at the Annual Scientific Meeting of the American Rheumatism Association, Washington, DC, June 1987.

74. C. Bouchard, R. J. Shephard, T. Stephens, John R. Sutton, Barry D. McPherson, *Exercise, Fitness and Health - A Consensus of Current Knowledge* (Champaign, IL: Human Kinetics, 1994), pp. 687-697.

75. Canadian Fitness and Lifestyle Research Institute, "Activity and aging," *The Research File* 91-07.

76. BC STATS, *British Columbia Population by Selected Age Groups* (Victoria: Ministry of Finance and Corporate Affairs, 1997).

77. Fitness Systems, Inc., *Economic Benefits of Employee Fitness - Summary*: Fitness Systems, Inc., 1984, p. 2.

78. H. Sjoberg, "Physical fitness and mental performance during and after work," *Preventive Medicine* 1983;23(10):977-983.

79. R. J. Shephard et al., "The impact of changes in fitness and lifestyle upon health care utilization," *Canadian Journal of Public Health*,1983;74:51-54.