Listing of Excluded Studies—General Population

(reason for exclusion is provided in italics following each reference)

1. Effectiveness of health checks conducted by nurses in primary care: final results of the OXCHECK study. Imperial Cancer Research Fund OXCHECK Study Group. BMJ. 1995;310(6987):1099-104.
   No physical activity intervention

2. Cardiovascular disease prevention for women attending breast and cervical cancer screening programs: the WISEWOMAN projects. The WISEWOMAN Workgroup. Prev Med. 1999;28(5):496-502.
   No physical activity or fitness outcome

3. The Diabetes Prevention Program. Design and methods for a clinical trial in the prevention of type 2 diabetes. Diabetes Care. 1999;22(4):623-34.
   No physical activity or fitness outcome

4. Effects of physical activity counseling in primary care: the Activity Counseling Trial: a randomized controlled trial. Jama. 2001;286(6):677-87.
   Less than 3 months followup

5. Acquista VW, Wachtel TJ, Gomes CI, et al. Home-based Health Risk Appraisal and screening program. J Community Health. 1988;13(1):43-52.
   No concurrent control group

6. Albright CL, Cohen S, Gibbons L, et al. Incorporating physical activity advice into primary care: physician-delivered advice within the activity counseling trial. Am J Prev Med. 2000;18(3):225-34.
   Less than 3 months followup

7. Allen JK. Coronary risk factor modification in women after coronary artery bypass surgery. Nurs Res. 1996;45(5):260-5.
   Targeted vascular disease patients

8. Allen L, Iwata B. Reinforcing exercise maintenance using high-rate activities. Behav Mod. 1980;4:337-54.
   Fewer than 75 subjects total

9. Andersen LB, Klausen K, Nisbeth O. [One-year effect of health counseling on life style and risk factors of heart disease]. Ugeskr Laeger. 2002;164(13):1814-8.
   Non-english language

10. Andersen RE, Franckowiak SC, Snyder J, et al. Can inexpensive signs encourage the use of stairs? Results from a community intervention. Ann Intern Med. 1998;129(5):363-9.
    No concurrent control group

11. Andersen RE, Wadden TA, Bartlett SJ, et al. Effects of lifestyle activity vs structured aerobic exercise in obese women: a randomized trial. JAMA. 1999;281(4):335-40.
    Fewer than 75 subjects total

12. Anderssen SA, Haaland A, Hjermen I, et al. Oslo diet and exercise study: a one year randomized intervention trial. Effect on haemostatic variables and other coronary risk factors. Nutrition Metabolism in Cardiovascular Disease. 1995;5:189-200.
    Less than 3 months followup

13. Annesi JJ. Effects of computer feedback on adherence to exercise. Percept Mot Skills. 1998;87(2):723-30.
    No physical activity or fitness outcome

14. Annesi JJ. Goal-setting protocol in adherence to exercise by Italian adults. Percept Mot Skills. 2002;94(2):453-8.
    Fewer than 75 subjects total

15. Armstrong C, Sallis J, Hovell M, et al. Stages of change self-efficacy and the adoption of vigorous exercise: A prospective analysis. Journal of Sport and Exercise Psychology. 1993;15:390-402.
    No physical activity intervention

16. Avila P, Hovell MF. Physical activity training for weight loss in Latinas: a controlled trial. Int J Obes Relat Metab Disord. 1994;18(7):476-82.
    Fewer than 75 subjects total

17. Babyak M, Blumenthal JA, Herman S, et al. Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. Psychosom Med. 2000;62(5):633-8.
    No concurrent control group

18. Bacon L, Keim NL, Van Loan MD, et al. Evaluating a 'non-diet' wellness intervention for improvement of metabolic fitness, psychological well-being and eating and activity behaviors. Int J Obes Relat Metab Disord. 2002;26(6):854-65.
    Less than 3 months followup

19. Baigis J, Korniewicz DM, Chase G, et al. Effectiveness of a home-based exercise intervention for HIV-infected adults: a randomized trial. J Assoc Nurses AIDS Care. 2002;13(2):33-45.
    Less than 3 months followup

20. Baranowski T, Simons-Morton B, Hooks P, et al. A center-based program for exercise change among black-American families. Health Educ Q. 1990;17(2):179-96.
Less than 3 months followup

21. Barker F. Worksite health promotion - today and tomorrow. Decreasing barriers: a blueprint for workplace health in the nineties. Dallas: American Heart Association; 1988:5-16.
Less than 3 months followup

22. Barnard RJ, Anthony DF. Effect of health maintenance programs on Los Angeles City firefighters. J Occup Med. 1980;22(10):667-9.
No concurrent control group

23. Baum JG, Clark HB, Sandler J. Preventing relapse in obesity through posttreatment maintenance systems: comparing the relative efficacy of two levels of therapist support. J Behav Med. 1991;14(3):287-302.
Fewer than 75 subjects total

24. Bauman AE, Bellew B, Owen N, et al. Impact of an Australian mass media campaign targeting physical activity in 1998. Am J Prev Med. 2001;21(1):41-7.
Less than 3 months followup

25. Belcher JD, Ellison RC, Shepard WE, et al. Lipid and lipoprotein distributions in children by ethnic group, gender, and geographic location--preliminary findings of the Child and Adolescent Trial for Cardiovascular Health (CATCH). Prev Med. 1993;22(2):143-53.
No physical activity or fitness outcome

26. Bell AC, Swinburn BA, Amosa H, et al. A nutrition and exercise intervention program for controlling weight in Samoan communities in New Zealand. Int J Obes Relat Metab Disord. 2001;25(6):920-7.
Less than 3 months followup

27. Bell B, Blanke D. The effects of a worksite fitness program on employee absenteeism. Health Values. 1989 1989;13:3-11.
Less than 3 months followup

28. Bell B, Blanke D. The effects of an employee fitness program on health care costs and utilization. Health Values. 1992 1992;16:3-13.
Less than 3 months followup

29. Bernacki EJ, Baun WB. The relationship of job performance to exercise adherence in a corporate fitness program. J Occup Med. 1984;26(7):529-31.
No concurrent control group

30. Bertera RL. Behavioral risk factor and illness day changes with workplace health promotion: two-year results. Am J Health Promot. 1993;7(5):365-73.
Less than 3 months followup

31. Binder EF, Schechtman KB, Ehsani AA, et al. Effects of exercise training on frailty in community-dwelling older adults: results of a randomized, controlled trial. J Am Geriatr Soc. 2002;50(12):1921-8.
Less than 3 months followup

32. Bishop P, Donnelly J. Home based activity program for obese children. Am Corr Ther. 1987;41:12-9.
Fewer than 75 subjects total

33. Bjorkelund C, Bengtsson C. Feasibility of a primary health care programme aiming at reducing cardiovascular and cerebrovascular risk factors among women in a Swedish community, Stromstad. Scand J Prim Health Care. 1991;9(2):89-95.
No physical activity or fitness outcome

34. Bjorkelund C, Bengtsson C. Risk factor pattern for cardiovascular and cerebrovascular disease as observed in the female population of a Swedish community, Stromstad. Scand J Prim Health Care. 1991;9(1):11-5.
No physical activity or fitness outcome

35. Blair S, Kohl H, Gordon N. Physical activity and health: A lifestyle approach. Med Ex Nutr Health. 1992;1:54-7.
No physical activity intervention

36. Blair SN, Applegate WB, Dunn AL, et al. Activity Counseling Trial (ACT): rationale, design, and methods. Activity Counseling Trial Research Group. Med Sci Sports Exerc. 1998;30(7):1097-106.
Less than 3 months followup

37. Blair SN, Blair A, Howe HG, et al. Leisure time physical activity and job performance. Res Q Exerc Sport. 1980;51(4):718-23.
No physical activity intervention

38. Blair SN, Collingwood TR, Reynolds R, et al. Health promotion for educators: impact on health behaviors, satisfaction, and general well-being. Am J Public Health. 1984;74(2):147-9.
Less than 3 months followup

39. Blair SN, Piserchia PV, Wilbur CS, et al. A public health intervention model for work-site health promotion. Impact on exercise and physical fitness in a health promotion plan after 24 months. JAMA. 1986;255(7):921-6.
Less than 3 months followup

40. Blake S, Jeffrey R, Finnegan J, et al. Process evaluation of a community-based physical activity campaign: the Minnesota Heart Health Program experience. Health Ed Res. 1987;2:115-21.
No concurrent control group

41. Blamey A, Mutrie N, Aitchison T. Health promotion by encouraged use of stairs. BMJ. 1995;311(7000): 289-90.
No concurrent control group

42. Blumenthal JA, Emery CF, Madden DJ, et al. Cardiovascular and behavioral effects of aerobic exercise training in healthy older men and women. J Gerontol. 1989;44(5):M147-57.
Less than 3 months followup

43. Bobalik J, Jensen R, Pavelka R. Alterations in pre-exercise versus post-exercise data after four months of supervised exercise. Fitness in Business. 1986;1:62-7.
Less than 3 months followup

44. Booth M, Bauman A, Oldenburg B, et al. Effects of a national mass-media campaign on physical activity participation. Health Promot Int. 1992;7:241-7.
No concurrent control group

45. Borg P, Kukkonen-Harjula K, Fogelholm M, et al. Effects of walking or resistance training on weight loss maintenance in obese, middle-aged men: a randomized trial. Int J Obes Relat Metab Disord. 2002;26(5):676-83.
No physical activity intervention

46. Boudreau F, Godin G, Pineau R, et al. Health risk appraisal in an occupational setting and its impact on exercise behavior. J Occup Environ Med. 1995;37(9): 1145-50.
Less than 3 months followup

47. Brassington GS, Atienza AA, Perczek RE, et al. Intervention-related cognitive versus social mediators of exercise adherence in the elderly. Am J Prev Med. 2002;23(2 Suppl):80-6.
Less than 3 months followup

48. Brown W, Lee C. Exercise and dietary modification with women on non-English speaking background: A pilot study with Polish-Australian women. Int J Behav Med. 1994;1(3):185-203.
Fewer than 75 subjects total

49. Brownell KD, Stunkard AJ, Albaum JM. Evaluation and modification of exercise patterns in the natural environment. Am J Psychiatry. 1980;137(12):1540-5.
No concurrent control group

50. Brownson RC, Smith CA, Pratt M, et al. Preventing cardiovascular disease through community-based risk reduction: the Bootheel Heart Health Project. Am J Public Health. 1996;86(2):206-13.
No concurrent control group

51. Brynteson P, Adams TMn. The effects of conceptually based physical education programs on attitudes and exercise habits of college alumni after 2 to 11 years of follow-up. Res Q Exerc Sport. 1993;64(2):208-12.
No physical activity or fitness outcome

52. Buchner DM, Cress ME, de Lateur BJ, et al. The effect of strength and endurance training on gait, balance, fall risk, and health services use in community-living older adults. J Gerontol A Biol Sci Med Sci. 1997;52(4):M218-24.
Less than 3 months followup

53. Buchner DM, Cress ME, Wagner EH, et al. The Seattle FICSIT/MoveIt study: the effect of exercise on gait and balance in older adults. J Am Geriatr Soc. 1993;41(3):321-5.
No physical activity or fitness outcome

54. Burckhardt CS, Mannerkorpi K, Hedenberg L, et al. A randomized, controlled clinical trial of education and physical training for women with fibromyalgia. J Rheumatol. 1994;21(4):714-20.
Less than 3 months followup

55. Burke V, Giangiulio N, Gillam HF, et al. Health promotion in couples adapting to a shared lifestyle. Health Educ Res. 1999;14(2):269-88.
Less than 3 months followup

56. Burn GE, Naylor PJ, Page A. Assessment of stages of change for exercise within a worksite lifestyle screening program. Am J Health Promot. 1999;13(3): 143-5.
No physical activity intervention

57. Burton LC, Paglia MJ, German PS, et al. The effect among older persons of a general preventive visit on three health behaviors: smoking, excessive alcohol drinking, and sedentary lifestyle. The Medicare Preventive Services Research Team. Prev Med. 1995;24(5):492-7.
Less than 3 months followup

58. Burton LC, Steinwachs DM, German PS, et al. Preventive services for the elderly: would coverage affect utilization and costs under Medicare? Am J Public Health. 1995;85(3):387-91.
Less than 3 months followup

59. Bush PJ, Zuckerman AE, Taggart VS, et al. Cardiovascular risk factor prevention in black school children: the "Know Your Body" evaluation project. Health Educ Q. 1989;16(2):215-27.
Less than 3 months followup

60. Bush PJ, Zuckerman AE, Theiss PK, et al. Cardiovascular risk factor prevention in black schoolchildren: two-year results of the "Know Your Body" program. Am J Epidemiol. 1989;129(3):466-82.
Less than 3 months followup

61. Buxton K, Mercer T, Wyse J. Assessment of the stage of exercise behavior change in young adult females. In: Bell F, van Gyn G, eds, eds. Access to Active Living: Proceedings for the 10th Commonwealth & International Scientific Congress. Victoria, BC, Canada: University of Victoria; 1994:256-61.
No physical activity intervention

62. Buxton K, Wyse J, Mercer T, et al. Assessing the stages of exercise behavior change and the stages of physical activity behavior change in a British worksite sample [abstract]. Journal of Sport Sciences. 1995;13:S50-S1.
No physical activity intervention

63. Calfas K, Sallis J, Lovato C, et al. Physical activity and its determinants before and after college graduation. Medicine, Exercise, Nurtition and Health. 1994;3:323-34.
Less than 3 months followup

64. Calfas KJ, Long BJ, Sallis JF, et al. A controlled trial of physician counseling to promote the adoption of physical activity. Prev Med. 1996;25(3):225-33.
Less than 3 months followup

65. Calfas KJ, Sallis JF, Nichols JF, et al. Project GRAD: two-year outcomes of a randomized controlled physical activity intervention among young adults. Graduate Ready for Activity Daily. Am J Prev Med. 2000;18(1):28-37.
Less than 3 months followup

66. Calfas KJ, Sallis JF, Oldenburg B, et al. Mediators of change in physical activity following an intervention in primary care: PACE. Prev Med. 1997;26(3):297-304.
Less than 3 months followup

67. Cambien F, Richard JL, Ducimetiere P, et al. The Paris Cardiovascular Risk Factor Prevention Trial. Effects of two years of intervention in a population of young men. J Epidemiol Community Health. 1981;35(2):91-7.
No physical activity or fitness outcome

68. Campbell MK, Tessaro I, DeVellis B, et al. Effects of a tailored health promotion program for female blue-collar workers: health works for women. Prev Med. 2002;34(3):313-23.
Less than 3 months followup

69. Campbell NC, Ritchie LD, Thain J, et al. Secondary prevention in coronary heart disease: a randomised trial of nurse led clinics in primary care. Heart. 1998;80(5):447-52.
Less than 3 months followup

70. Cardinal B. Predicting exercise behavior using components of the transtheoretical model of behavior change. Journal of Sport Behavior. 1997;20:272-83.
Fewer than 75 subjects total

71. Cardinal B. Interaction between stage of exercise and history of relapse. Journal of Human Movement Studies. 1998;34:175-85.
No physical activity intervention

72. Cardinal B. Extended stage model of physical activity behavior. Journal of Human Movement Studies. 1999;37:37-54.
No concurrent control group

73. Cardinal B, Engels H, Zhu W. Application of the transtheoretical model of behavior change to preadolescents' physical activity and exercise behavior. Pediatric Exercise Science. 1998;10:69-80.
No physical activity intervention

74. Cardinal BJ, Sachs ML. Prospective analysis of stage-of-exercise movement following mail-delivered, self-instructional exercise packets. Am J Health Promot. 1995;9(6):430-2.
No concurrent control group

75. Cardinal BJ, Sachs ML. Effects of mail-mediated, stage-matched exercise behavior change strategies on female adults' leisure-time exercise behavior. J Sports Med Phys Fitness. 1996;36(2):100-7.
Less than 3 months followup

76. Castro CM, King AC, Brassington GS. Telephone versus mail interventions for maintenance of physical activity in older adults. Health Psychol. 2001;20(6): 438-44.
Less than 3 months followup

77. Castro CM, Wilcox S, O'Sullivan P, et al. An exercise program for women who are caring for relatives with dementia. Psychosom Med. 2002;64(3):458-68.
Less than 3 months followup

78. Cauley JA, Kriska AM, LaPorte RE, et al. A two year randomized exercise trial in older women: effects on HDL-cholesterol. Atherosclerosis. 1987;66(3):247-58.
Less than 3 months followup

79. Clark M, Hampson SE. Implementing a psychological intervention to improve lifestyle self-management in patients with type 2 diabetes. Patient Educ Couns. Mar 2001;42(3):247-56.
Less than 3 months followup

80. Clark NM, Janz NK, Dodge JA, et al. Changes in functional health status of older women with heart disease: evaluation of a program based on self-regulation. J Gerontol B Psychol Sci Soc Sci. 2000;55(2):S117-26.
Targeted vascular disease patients

81. Coates TJ, Jeffery RW, Slinkard LA. Heart healthy eating and exercise: introducing and maintaining changes in health behaviors. Am J Public Health. 1981;71(1):15-23.
No concurrent control group

82. Coleman KJ, Raynor HR, Mueller DM, et al. Providing sedentary adults with choices for meeting their walking goals. Prev Med. 1999;28(5):510-9.
Fewer than 75 subjects total

83. Cooper KH, Purdy JG, Friedman A, et al. An aerobics conditioning program for the Fort Worth, Texas School District. Res Q. 1975;46(3):345-50.
Less than 3 months followup

84. Corbin C, Laurie D. Exercise for a Lifetime: An Educational Effort. The Physician and the Sportsman. 1978(Jan 6):51-5.
Less than 3 months followup

85. Corry JM. MetLife's experience with fitness and wellness programming. Stat Bull Metrop Insur Co. 1990;71(4):19-20, 2-5.
No concurrent control group

86. Cox KL, Burke V, Gorely TJ, et al. Controlled comparison of retention and adherence in home- vs center-initiated exercise interventions in women ages 40-65 years: The S.W.E.A.T. Study (Sedentary Women Exercise Adherence Trial). Prev Med. 2003;36(1):17-29.
Less than 3 months followup

87. Cox KL, Burke V, Morton AR, et al. Long-term effects of exercise on blood pressure and lipids in healthy women aged 40-65 years: The Sedentary Women Exercise Adherence Trial (SWEAT). J Hypertens. 2001;19(10):1733-43.
No physical activity intervention

88. Cox KL, Puddey IB, Burke V, et al. Determinants of change in blood pressure during S.W.E.A.T.: the sedentary women exercise adherence trial. Clin Exp Pharmacol Physiol. 1996;23(6-7):567-9.
Less than 3 months followup

89. Cox M, Shephard RJ, Corey P. Influence of an employee fitness programme upon fitness, productivity and absenteeism. Ergonomics. 1981;24(10):795-806.
No concurrent control group

90. Craighead L, Blum M. Supervised exercise in behavioral treatment for moderate obesity. Behav Ther. 1989;20:49-59.
Fewer than 75 subjects total

91. Critchley J, Isaacs AJ, Rosenthall R, et al. The Newcastle exercise project. Organisational aspects may influence adherence rates. BMJ. 2000;320(7247): 1472; author reply 3-4.
No physical activity intervention

92. Crow R, Blackburn H, Jacobs D, et al. Population strategies to enhance physical activity: the Minnesota Heart Health Program. Acta Med Scand Suppl. 1986;711:93-112.
No concurrent control group

93. Cupples ME, McKnight A. Randomised controlled trial of health promotion in general practice for patients at high cardiovascular risk. BMJ. 1994;309 (6960):993-6.
Less than 3 months followup

94. Daltroy LH, Robb-Nicholson C, Iversen MD, et al. Effectiveness of minimally supervised home aerobic training in patients with systemic rheumatic disease. Br J Rheumatol. 1995;34(11):1064-9.
Fewer than 75 subjects total

95. Davis S, Lambert L, Gomez Y, et al. Southwest cardiovascular curriculum project: study findings for American Indian elementary students. J Health Educ. 1995;26:S72-81.
Less than 3 months followup

96. De Bourdeaudhuij I, Sallis J. Relative contribution of psychosocial variables to the explanation of physical activity in three population-based adult samples. Prev Med. 2002;34(2):279-88.
No physical activity intervention

97. DeBusk RF, Stenestrand U, Sheehan M, et al. Training effects of long versus short bouts of exercise in healthy subjects. Am J Cardiol. 1990 1990;65(15): 1010-3.
Fewer than 75 subjects total

98. DeLuca R, Holborn S. Effects of a variable-ratio reinforcement schedule with changing criteria on exercise in obese and non-obese boys. J Appl Behav Anal. 1992;25:671-9.
Fewer than 75 subjects total

99. Dempsey J, Kimiecik J, Horn T. Parental influence on children's moderate to vigorous physical activity participation: an expectancy value approach. Pediatric Exercise Sci. 1993;5:151-67.
No concurrent control group

100. Dobs AS, Masters RB, Rajaram L, et al. A comparison of education methods and their impact on behavioral change in patients with hyperlipidemia. Patient Educ Couns. 1994;24(2):157-64.
No physical activity intervention

101. Donnelly JE, Jacobsen DJ, Whatley JE, et al. Nutrition and physical activity program to attenuate obesity and promote physical and metabolic fitness in elementary school children. Obes Res. 1996;4(3):229-43.
Less than 3 months followup

102. Donovan RJ, Jones S, Holman CD, et al. Assessing the reliability of a stage of change scale. Health Educ Res. 1998;13(2):285-91.
No physical activity intervention

103. Dornelas EA, Wylie-Rosett J, Swencionis C. The DIET study: long-term outcomes of a cognitive-behavioral weight-control intervention in independent-living elders. Dietary Intervention: Evaluation of Technology. J Am Diet Assoc. 1998;98(11):1276-81.
No concurrent control group

104. Dowell AC, Ochera JJ, Hilton SR, et al. Prevention in practice: results of a 2-year follow-up of routine health promotion interventions in general practice. Fam Pract. 1996;13(4):357-62.
No physical activity intervention

105. Driggers DA, Swedberg J, Johnson R, et al. The maximum exercise stress test: is it a behavior-modification tool? J Fam Pract. 1984;18(5):715-8.
Fewer than 75 subjects total

106. Dubbert PM, Cooper KM, Kirchner KA, et al. Effects of nurse counseling on walking for exercise in elderly primary care patients. J Gerontol A Biol Sci Med Sci. 2002;57(11):M733-40.
Less than 3 months followup

107. Duncan B, Boyce WT, Itami R, et al. A controlled trial of a physical fitness program for fifth grade students. J Sch Health. 1983;53(8):467-71.
Fewer than 75 subjects total

108. Dunn AL, Marcus BH, Kampert JB, et al. Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness: a randomized trial. JAMA. 1999;281(4):327-34.
Less than 3 months followup

109. Dunn AL, Marcus BH, Kampert JB, et al. Reduction in cardiovascular disease risk factors: 6-month results from Project Active. Prev Med. 1997 Nov-Dec 1997;26(6):883-92.
Less than 3 months followup

110. Durbeck DC, Heinzelmann F, Schacter J, et al. The National Aeronautics and Space Administration-U.S. Public Health Service Health Evaluation and Enhancement Program. Summary of results. American Journal of Cardiology. 1972;30(7):784-90.
Less than 3 months followup

111. Dwyer T, Coonan WE, Leitch DR, et al. An investigation of the effects of daily physical activity on the health of primary school students in South Australia. Int J Epidemiol. 1983;12(3):308-13.
Less than 3 months followup

112. Dzewaltowski DA, Estabrooks PA, Johnston JA. Healthy youth places promoting nutrition and physical activity. Health Educ Res. 2002;17(5):541-51.
No physical activity or fitness outcome

113. Eddy JM, Eynon D, Nagy S, et al. Impact of a physical fitness program in a blue-collar workforce. Health Values. 1990;14(6):14-23.
Less than 3 months followup

114. Edmundson E, Parcel GS, Perry CL, et al. The effects of the child and adolescent trial for cardiovascular health intervention on psychosocial determinants of cardiovascular disease risk behavior among third-grade students. Am J Health Promot. 1996;10(3):217-25.
Less than 3 months followup

115. Elder JP, McGraw SA, Stone EJ, et al. CATCH: process evaluation of environmental factors and programs. Health Educ Q. 1994;Suppl 2:S107-27.
No physical activity or fitness outcome

116. Elmer PJ, Grimm R, Jr., Laing B, et al. Lifestyle intervention: results of the Treatment of Mild Hypertension Study (TOMHS). Prev Med. 1995;24(4):378-88.
Less than 3 months followup

117. Emmons KM, Linnan LA, Shadel WG, et al. The Working Healthy Project: a worksite health-promotion trial targeting physical activity, diet, and smoking. J Occup Environ Med. 1999;41(7):545-55.
Less than 3 months followup

118. Emmons KM, Marcus BH, Linnan L, et al. Mechanisms in multiple risk factor interventions: smoking, physical activity, and dietary fat intake among manufacturing workers. Working Well Research Group. Prev Med. 1994;23(4):481-9.
Less than 3 months followup

119. Epstein L, Koeske R, Wing R. Adherence to exercise in obese children. J Cardiac Rehabil. 1984;4:185-95.
Fewer than 75 subjects total

120. Epstein L, Wing R, Koeske R, et al. A comparison of lifestyle change and programmed aerobic exercise on weight and fitness changes in obese children. Behav Ther. 1982;13:651-65.
Fewer than 75 subjects total

121. Epstein L, Wing R, Koeske R, et al. A comparison of lifestyle exercise, aerobic exercise, and calisthenics on weight loss in obese children. Behav Ther. 1985; 16:345-56.
Fewer than 75 subjects total

122. Epstein L, Wing R, Thompson J, et al. Attendance and fitness in aerobics exercise: the effects of contract and lottery procedures. Behav Modif. 1980;4:465-79.
Fewer than 75 subjects total

123. Epstein L, Woodall K, Goreczny A, et al. The modification of activity patterns and energy expenditure in obese young girls. Behav Ther. 1984;15:101-8.
Fewer than 75 subjects total

124. Epstein LH, Valoski AM, Vara LS, et al. Effects of decreasing sedentary behavior and increasing activity on weight change in obese children. Health Psychol. 1995;14(2):109-15.
Fewer than 75 subjects total

125. Eriksson J, Lindstrom J, Valle T, et al. Prevention of Type II diabetes in subjects with impaired glucose tolerance: the Diabetes Prevention Study (DPS) in Finland. Study design and 1-year interim report on the feasibility of the lifestyle intervention programme. Diabetologia. 1999;42(7):793-801.
No physical activity or fitness outcome

126. Eriksson KF, Lindgarde F. Prevention of type 2 (non-insulin-dependent) diabetes mellitus by diet and physical exercise. The 6-year Malmo feasibility study. Diabetologia. 1991;34(12):891-8.
No physical activity intervention

127. Estabrooks PA, Courneya KS, Nigg CR. Effect of a stimulus control intervention on attendance at a university fitness center. Behav Modif. 1996;20(2): 202-15.
Less than 3 months followup

128. Ettinger WH, Jr., Burns R, Messier SP, et al. A randomized trial comparing aerobic exercise and resistance exercise with a health education program in older adults with knee osteoarthritis. The Fitness Arthritis and Seniors Trial (FAST). JAMA. 1997;277(1):25-31.
Less than 3 months followup

129. Ewart CK, Young DR, Hagberg JM. Effects of school-based aerobic exercise on blood pressure in adolescent girls at risk for hypertension. Am J Public Health. 1998;88(6):949-51.
Less than 3 months followup

130. Fardy PS, White RE, Haltiwanger-Schmitz K, et al. Coronary disease risk factor reduction and behavior modification in minority adolescents: the PATH program. J Adolesc Health. 1996;18(4):247-53.
Less than 3 months followup

131. Farquhar JW, Fortmann SP, Flora JA, et al. Effects of communitywide education on cardiovascular disease risk factors. The Stanford Five-City Project. JAMA. 1990;264(3):359-65.
Less than 3 months followup

132. Farquhar JW, Fortmann SP, Maccoby N, et al. The Stanford Five-City Project: design and methods. Am J Epidemiol. 1985;122(2):323-34.
Less than 3 months followup

133. Farquhar JW, Maccoby N, Wood PD, et al. Community education for cardiovascular health. Lancet. 1977;1(8023):1192-5.
Less than 3 months followup

134. Fisher SP, Fisher MM. Development, implementation, and evaluation of a health promotion program in a college setting. J Am Coll Health. 1995;44(2):81-3.
Fewer than 75 subjects total

135. Fitzgibbon ML, Stolley MR, Dyer AR, et al. A community-based obesity prevention program for minority children: rationale and study design for Hip-Hop to Health Jr. Prev Med. 2002;34(2):289-97.
No physical activity or fitness outcome

136. Flores R. Dance for health: improving fitness in African American and Hispanic adolescents. Public Health Rep. 1995;110(2):189-93.
Less than 3 months followup

137. Foreyt J, Goodrick G, Reeves R, et al. Response to free-living adults to behavioral treatment of obesity: attrition and compliance to exercise. Behav Ther. 1993;24:659-69.
Less than 3 months followup

138. Friedlander AL, Genant HK, Sadowsky S, et al. A two-year program of aerobics and weight training enhances bone mineral density of young women. J Bone Miner Res. 1995;10(4):574-85.
Less than 3 months followup

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Abstract only