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Moderate-to-high cardiorespiratory fitness levels attained through regular physical activity may attenuate age-related decline in bone mineral density in men.

Long-term Effects of Physical Activity Level on Changes in Healthy Body Mass Index Over 735 12 Years in Young Adult Women

Toby G. Pavey, G.M.E.E. (Geeske) Peeters, Sjaan R. Gomersall, and Wendy J. Brown

To prevent obesity in young women, maintaining very high levels of physical activity was particularly important during the late 20s and early to mid-30s—typically a time when they marry and start families.

Lifelong Exercise Patterns and Cardiovascular Health Martijn F.H. Maessen, André L.M. Verbeek, Esmée A. Bakker, Paul D. Thompson, Maria T.E. Hopman, 745

and Thijs M.H. Eijsvogels 🦚 Even low exercise doses can reduce prevalence of cardiovascular disease/cardiovascular risk factors, but the lowest prevalence occurs with 764 to 1091 MET-minutes per week. Higher exercise doses do not yield additional benefits.

Sex Differences in Cardiorespiratory Fitness and All-Cause Mortality: The Henry Ford ExercIse 755 Testing (FIT) Project

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In patients referred for stress testing, women had lower fitness levels than men, but their prognosis was similar at lower fitness levels. Both sexes have lower risk of mortality with higher MET levels.

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Predictive Validity of the American College of Cardiology/American Heart Association Pooled Cohort Equations in Predicting All-Cause and Cardiovascular Disease-Specific Mortality in a 763 National Prospective Cohort Study of Adults in the United States Paul D. Loprinzi and Ovuokerie Addoh 🏽 📀

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This article has been given "Editor's Choice" distinction.

An author interview accompanies this article.

This article is online only at www.mayoclinicproceedings.org.

Supplemental material accompanies this article at www.mayoclinicproceedings.org.



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