

- Acheson, K.J., J.P. Flatt, and E. Jequier. 1982. Glycogen synthesis versus lipogenesis after a 500 gram carbohydrate meal in man. *Metabolism*, 31:1234-1240.
- Aâeson, K, E. Jequier, and J. Wahren- 1983. Influence ofp-adrenergic blockade on glucose-induced thermogenesis in man. *Journal of Clinical Investigation*, 72:981-986-
- Acheson, K.J., E. Ravussin, D.A. Schoeller, L. Christin, L. Bourquin, P. Baertschi, E. Danforth, Jr., and E. Jequier. 1988. Two-week stimulation of blockade of the sympathetic nervous system in man: influence on body weight, body composition, and 24-H energy expenditure. *Metabolism*, 37:91-98.
- Acheson, K.J., E. Ravussin, J. Wahren, and E. Jequier. 1984a. Thermic effect of glucose in man: Obligatory and facultative thermogenesis. *Journal of Clinical Investigation*, 74:1572- 1580.
- Acheson, K., Y. Schutz, T. Bessard, E. Ravussin, E. Jequier, and J.P. Flatt. 1984b. Nutritional influences on lipogenesis and thermogenesis after a carbohydrate meal. *American Journal of* 246:E62-E70.
- Achten, J., M. Gleeson, and A.E. Jeukendrup. 2002. Determination of the exercise intensity that elicits maximal fat oxidation. *Medicine and Science in Sports and Exercise*, 34:72-97.
- Achten, J., and A.E. Jeukendrup- 2004. Relation between plasma lactate concentration and fat oxidation rates over a wide range of exercise intensities *International Journal of Sports Medicine*, 25:32-37.
- Ahlborg, C., P. Felig, L. Hagenfeldt, R- Hender, and J. Wahren. 1974. Substrate turnover during prolonged exercise in man: Splanchnic and leg metabolism of glucose, free fatty acids, and amino acids. *Journal of Clinical Investigation*, 53:1080. 1090.
- Ahlquisl, L.E., D.R. Bassett, R. Sufit, F.J. Nagle, and D.P. Illomas. 1992. The effects of pedaling frequency on glycogen depletion rates in type I and II quadriceps muscle fibers during submaximal cycling exercise. *European Journal of Applied Physiology*, 65:360-361.
- Ahmaidi, S, P. Granier, Z. Taoutaou, I. Mercier, Dubouchaud, and C. Prefaut. 1996. Effects of active recovery on plasma lactate and anaerobic power following repeated intensive exercise. *Medicine and Science in Sports and Exercise*, 28:450-456.
- Ainslie, P.N., T. Reilly, and K.p Westerp. 2003. Estimating human energy expenditure: A review of techniques with particular reference to doubly labeled water. *Sports Medicine*, 33:683-698.
- Ainsworth, B.E., W.L. Haskell, A.S. Leon, D.R. Jacobs, Jr., H.J.410ntoye, J.F. Sallis, and R.S. Paffenbarger, Jr. 1993. Compendium of physical activities: classification of energy costs of human physical activities. *Medicine and Science in Sports and Exercise*, 25:71-80.
- Ainsworth, B.E., W.L. Haskell, M.C. Whitt, M.L. Irwin, A.M. Swartz, S.J. Strath, W.L. O'Brien, D.R. Bassett, Jr., K.H. Schmitz, P.O. Emplainscourt, D.R. Jacobs, Jr., and A.S. Leon. 2000. Compendium of physical activities: an update of activity codes and MET intensities. *Medicine and Science in Sports and Exercise*, 32
- Ainsworth, B.E., S.R. Leggett, CA. Mathien, J.A. Main, D.C. Hunter, and GL Duncan. 1996. Accuracy of five electronic pedometers for measuring distance walked. *Medicine and Science in Sports and Exercise*; 28:1071-1077.
- Ainsworth, B.E., and A.S. Leon. 1991. Gender differences in self- reported physical activity. *Medicine and Science in Sports and Exercise*, 23:S105.
- Almuzaini, K.S., J.A. Potteiger, and S.B. Green. 1998. Effects of split exercise sessions on excess post-exercise oxygen consumption and resting metabolic rate. *Canadian Journal of Applied Physiology*, 23:433-443.
- Amatruda, J.M., MC. Statt, and S.L. Welle. 1993. Total and resting energy expenditure in obese women reduced to ideal body weight. *Journal of Clinical Investigation*, 92:1236-1242, *American College of Obstetricians and Gynecologists*. 1994. Exercise during pregnancy and post-partum period. *American College of Obstetricians and Gynecologists Technical Bulletin*, *American College of Sports Medicine*. 1998. The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. *Medicine and Science in Sports and Exercise*, 30:975-991.
- American College of Sports Medicine. 2001. Appropriate intervention strategies for weight loss and prevention of weight regain for adults. *Medicine and Science in Sports and Exercise*, 33:2145-2156.
- American College of Sports Medicine. 2006. ACSM's guidelines for exercise testing and prescription. 7th ed. Baltimore: Lippincott Williams & Wilkins.
- Andersen, R.E. 1999. Exercise, as active lifestyle, and obesity. *Physician and Sportmedicine*, 27:41-50. Andersen, R.E., C.I. Crespo, S.T. Bartlett, L.L. Clieskin, and M. Pratt. 1998. Relationship of physical activity and television watching with body weight and level of fatness among children. *Journal of the American Medical Association*, Anderson, T. 1996. Biomechanics and running economy. *Sports Medicine*, 22:76-89.
- Apfelbaum, M., P. Vague, O. Ziegler, C. Hanotin, F. Thomas, and E. Zuteneegger. 1999. Long-term maintenance of weight loss after a very low caloric diet: efficacy and tolerability of sibutramine. *American Journal of Medicine*, 106:179-184.
- Armon, Y., D.M. Cooper, R. Flores, S. Zanconato, and Tel. Barstow, 1991, Oxygen uptake dynamics during high-intensity exercise in children and adults. *Journal of Applied Physiology*, 70:811-848.
- Arner, P., E. Kriegholm, P. Engfeldt, and J. Bolinder. 1990. Adrenergic regulation of lipolysis in situ at rest and during exercise. *Journal of Clinical Investigation*, 85:893-898. Åstrand, I. 1960. Aerobic work capacity in men and women with a special reference to age. *Acta Physiologica Scandinavica*, 49
- Astrand, P.-O., and K. Rodahl. 1986. *Textbook of work physiology: physiological basis of exercise*. 3rd ed. New York: McGraw-Hill.
- Astrup, A., L. Breum, S. Toubro, P. Hein, and E. Quaade. 1992. The effect and satiety of an ephedrine and caffeine compound compared to ephedrine, caffeine, and placebo in obese subjects on an energy restricted diet: A double blind trial. *International Journal of Obesity Related Metabolic Disorders*, 16:269-277.
- Astrup, A., P.C. Gotzsche, K. van de Werken, C. Ranneries, S. Toubro, A. Raben, and B. Buemann. 1999. Meta-analysis of resting metabolic rate in formerly obese subjects. *American Journal of Clinical Nutrition*, 69:1117-1122.
- Astrup, A., C. Lundsgaard, J. Madsen, and N.J. Christensen. 1985. Enhanced thermogenic responsiveness during chronic ephedrine treatment in man. *American Journal of Clinical Nutrition*, 42:83-94.
- Astrup, A., S. Toubro, S. Cannon, P. Hein, and y- Madsen% 1991. Thermogenic synergism between ephedrine and caffeine in healthy volunteers: A double blind placebo controlled study. *Metabolism*, 40:323-329.
- Atkinson, R.I.. 1997. Use of drugs in the treatment of obesity. *Annual Review of Nutrition*, 17:383-403. Atwater, W.O., and F-G. Benedict, 1903. Experiments on the metabolism of matter and energy in the human body, 1900- 1902. U.S. Department of Agriculture Office of Experiment

- Stations, Bulletin 136. Washington, DC: LIS Government Printing Office.
- Babji, P., S.M. Matthews, and M.J. Rennie. 1983. Changes in blood ammonia, lactate, and amino acids in relation to workload during bicycle ergometer exercise in man- *European Journal of Applied Physiology*, 50:405-411.
- Baecke, J.A.H., W.A. van Staveren, and J. Burema. 1983. Food consumption, habitual physical activity, and body fatness in Dutch adults. *American Journal of Clinical Nutrition*, 37:278-286.
- Bahr, R., P.K. Opstad, J.I. Medbo, and O.t.vl., Scjersted. 1991. Strenuous prolonged exercise elevates resting metabolic rate and causes reduced mechanical efficiency. *Acta Physiologica Scandinavica*, 141:555-563.
- Bailey, S.P., and R.R. Pate. 1991. Feasibility of improving cunning economy. *Sports Medicine*, 12:228-236.
- Baldwin, K.M., G.H. Klinkerfuss, R.L. Terjung, P.A. Mole, and J.O. Holloszy. 1972. Respiratory capacity of white, red, and intermediate muscle: adaptive response to exercise. *Anwrican journal of Physiology*, 222:373-378.
- Banerji, M., R. Chaiken, D. Gordon, and H. Lebowitz. 1995. Does intra-abdominal adipose tissue in black men determine whether NIDDM is insulin-resistant or insulin sensitive? *Diabetes*, 44:141-146.
- Baron, J.I., and H.R. Roberts. 1996. Caffeine consumption. *Food and Chemical Toxicology*, 34:119-129.
- Bar-On O., and T.W. Rowland. 2004. Physiologic and perceptual responses to exercise in the healthy child. In: *Pediatric exercise nwdicine*, 3-59. Champaign, IL: Human Kinetics.
- Barringer, T.B., Jr. 1916. "Ille effect of exercise upon the carbohydrate tolerance in diabetes. *American Journal of Medical Science*, 151:181-184.
- Barstow, T.J., A.M. Jones, P.H. Nguyen, and R. Casaburi. 1996. Influence of muscle fiber type and pedal frequency on oxygen uptake kinetics of heavy exercise. *Journal of Applied Physiology*, 81:1642-1650.
- Bassett, D., Jr. 2000. Validity and reliability issues in objective monitoring of physical activity. *Research Quarterlyjybr Exercise and Sport*, 71:30-36.
- Bassett, D.R. Jr., B.E. Ainsworth, S.R. Leggett, C.A. Mathien, J.A. Main, D.C. Hunter, and G.E. Duncan. 1996. Accuracy of five electronic pedometers for measuring distance walked. *Medicine and Science in Sports and Exercise*, 28:1071-1077.
- Bell, D.G., I. Jacobs, and K. Ellerington. 2001. Effect of caffeine and ephedrine ingestion on anaerobic exercise performance. *Medicine and Science in Sports and Exercise*, 33:1399-1403.
- Bell, D.G., T.M. McLellan, and C.M. Sabiston. 2002. Effect of . ingesting caffeine and ephedrine on 10-km run performance. *Medicine and Science in Sports-and Exercise*, 34:314-349.
- Bell, G.J., G.D. Snydmiller, D.S. Davis, and H.A. Quinney 1997. Relationship between aerobic fitness and metabolic recovery from intermittent exercise in endurance trained athletes. *Canadian Journal of Applied Physiology*, 22:78-85.
- Bell, R.D., J.D. MacDougall, R. Billeter, and H. Howald. 1980. Muscle fiber types and morphometric analysis of skeletal muscle in six year old children. *Medicine and Science in Sports and Exercise*, 12:28-31.
- Bergstrom, J., and E. Hultman. 1967. Synthesis of muscle glycogen in men after glucose and fructose infusion. *Acta Medica Scandinavia*, 182:93-107.
- Billat, V.L., B. Flechet, B. Petit, G. Muriaux, and J.P. Koralsztein. 1999. Interval training at V02max effects on aerobic performance and overtraining markers. *Medicine and Science in Sports and Exercise*, 31:156-163.
- Binzen, C.A., P.D. Swan, and M.M. Manore. 2001. Postexercise oxygen consumption and substrate use after resistance exercise in women. *Medicine and Science in Sports and Exercise*, 33:932-938.
- Blaak, E-E., D.P.C. van Aggel-Leiissen, Wagenmakers, W.H.M. Saris, and M.A. Baak. 2000. Impaired oxidation of plasma-derived fatty acids in type 2 diabetic subjects during moderate-intensity exercise, *Diabetes*, 49:2102-2107.
- Blachford, F.K., R.G. Knowlton, and D. Schneider. i 1985. Plasma FFA responses to prolonged walking in untrained men and women. *European Journal of Applied Physiology*, 53:343-347.
- Black, A.E., A.M. Prentice, and W.A. Coward. 1986. use of food quotients to predict respiratory quotients for the doubly labeled water Inethod of measuring energy expenditure. *Human Nutrition and Clinical Nutrition*, 40:381-391
- Blaxter, K. 1989. *Energy metabolism in animal and man*. Cambridge: Cambridge University Press. Bloesch, D., Y. Schutz, E. Breitenstein, E. Jequier, and J.P. Felber. 1988. Thermogenesis response to an oral glucose load in men: comparison between young and elderly subjects. *Journal of the American College of Nutrition*, 7:471-483. Bogardus, C., P. Thuillez, E. Ravussin, B. Vasquez, M. Narimiga, and S. Azhar. 1983. Effect of muscle glycogen depletion on in vivo insulin action in men- *Journal of Clinical Investigation*, 72: 1605-1610.
- Boobis, L., C. William, and S.A- Wooton. 1982. Human muscle metabolism during brief maximal exercise. *Journal Of Physiology*, 338:21-22.
- Borsheim, E. t and R. Bahr. 2003. Effect of exercise intensity, duration, and mode on post-exercise oxygen consumption. *sports Medicine*, 33:1037-1060.
- Boss, O., S. Samec, F. Kuhne, P. Bijlenga, F. Assimacopoulos- Jeannet, J. Seydoux, J.P. Giacobino, and P. Muzzin. 1998. Uncoupling protein-3 expression in rodent skeletal muscle is modulated by food intake but not by changes in environmental temperature. *Journal of Biological Chemistry*, 273:5-8.
- Bouchard, C., ET. Dionne, I.-A. Simoneau, and M.R. Boulay. 1992. Genetics of aerobic and anaerobic performance. *Exercise and Sport Sciences Reviews*, 20:27-58-
- Bouchard, C., A. Tremblay, J.P. Despres, G- Theriault. M. R. Boulay, G. Lottie, C. LeBlanc, and G. Fournier. 1989. Genetic effect in resting and exercise metabolic rates. *Metabolism*, 38:364- 370.
- Bouten, W. Verboeket-vart de Venne, K. Westertep, M. Verduin, and J. Janssen. 1996- Daily physical activity assessment: comparison between movement registration and doubly labeled water. *Journal of Applied Physiology*, 81•1019-1026.
- Bouten, C.V., K.R. Westenerp, M. Verduinr and J.D. Janssen. 1994. Assessment of energy expenditure for physical activity using a triaxial accelerometer. *Medicine and Science in Sports and Exercise*, 26:1516-1523.
- Boyd, A.E., S.R. Giamber, M. Mager, and El-E. Lebovitz. 1974. Lactate inhibition of lipolysis in exercising man. *Metabolism*, 23:531-542.
- Brage, S., N. Brage, P.W. Franks, U. Ekelund, M. Wong, L.β. Anderson, K, Froberg, and N.J. Wareham. 2003. Branched equation modeling of simultaneous accelerometry and heart rate monitoring improves estimate of directly measured physical activity energy expenditure. *Journal of Applied Physiology*, Braun, B., and T. Horton. 2001. Endocrine regulation of exercise substrate utilization in women compared to Inent. *Even:ise and Sport Sciences Reviews*, 29:149-154.
- Bray, C.A. 1983. The energetics of obesity- *Medicine and Science in Sports and Exercise*, 15:32-40.
- Bray, C.A. 1986. Autonomic and endocrine factors in the regulation of energy balance. *Federation Proceedings*, 45:1404-1410.
- Bray, G.A., D.-f.-l. Ryan, D. Gordon, S. Heidingsfelder, E Cerise, and K. Wilson, 1996. A double-blind randomized placebo- controlled trial of Sibutramine. *Obesity) Research*, 4:263-270.
- Bray, G.A., and L.A. Tartaglia. 2000. Medicinal strategies in the treatment of obesity. *Nature*, 404:672-677.
- Bray, G.A., B.J. Whipp, and S.N. Koyal. 1974. The acute effects of food on energy expenditure during cycle ergometry. *American Journal of Clinical Nutrition*, 27:254-259.

- Bray, G.A., B. Zachary, W.T. Dahms, R.L. Atkinson, and TH. Oddie. 1978. Eating patterns of the massively obese individual. *Journal of the American Dietetic Association*, 72:24-27.
- Bray, M.S., W.W. Wong, J.R. Morrow Jr., N.E. Butte, and J.M. Pivarnik. 1994. Calorimeter determination of 24-h energy expenditure in female children and adolescents. *Medicine and Science in Sports and Exercise*, 26:1524-1530.
- Broeder, C.E., K.A. Burrhus, L.S. Svanevik, and J.H. Wilmore. 1992. The effects of either high intensity resistance or endurance training on resting metabolic rate. *American Journal of Clinical Nutrition*, 55:892-810.
- Brooks, C.A., and C.M. Donovan. 1983. Effect of endurance training on glucose kinetics during exercise. *American Journal of Physiology*, 244:E505-E512.
- Brooks, C.A., T.D. Fahey, and K.M. Baldwin. 2005. *Exercise physiology: human bioenergetics and its applications*, 4th ed. New York: McGraw-Hill.
- Brooks, G.A., K.J. Hittelman, I.A. Faulkner, and R.F., Beyer. 1971a. Temperature, liver mitochondrial respiratory functions, and oxygen debt. *Medicine and Science in Sports*, 2:72-74.
- Brooks, C.A., K.J. Hittelman, I.A. Faulkner, and R.E. Bever. 1971 b. Temperature, skeletal muscle mitochondrial functions, and oxygen debt. *American Journal of Physiology*, 220:1053-1059.
- Buch, I., P.J. Hommes, and C. Kuhl. 1986. Glucose tolerance in early pregnancy. *Acta Endocrinologica*, 112:263-266.
- Buermann, and A. Tremblay. 1996. Effect of exercise training on abdominal obesity and related metabolic complications. *Sports Medicine*, 21 1791-212.
- Burgomaster, K.A., S.C. Hughes, G.J.E. Heigenhauser, S.N. Bradwell and M.J. Gibala. 2005. Six sessions of sprint interval training increases muscle oxidative potential and cycle endurance capacity in humans. *Journal of Applied Physiology*, 98: 1985-1990.
- Burleson, Jr., M.A., I-1.5. O'Bryant, M.I.H. Stone, M.A. Collins, and T. Triplett-McBride 1998. Effect of weight training exercise and treadmill exercise on post-exercise oxygen consumption. *Medicine and Science in Sports and Exercise*, 30:518-522.
- Burstein, Il., Y. Epstein, Y. Shapiro, I. Charuzi, and E. Karnieli. 1990. Effect of an acute bout of exercise on glucose disposal in human obesity. *Journal of Applied Physiology*, 69:299-304.
- Butte, N.E. 2000. Carbohydrate and lipid metabolism in pregnancy: normal compared with gestational diabetes mellitus. *American Journal of Clinical Nutrition*, 71 (Suppl):1256S-1261S.
- Campbell, S.E., and M.A. Febbraio. 2001. Effect of ovarian hormones on mitochondrial enzyme activity in fat oxidation pathway of skeletal muscle. *American Journal of Physiology*, 281 :E803-E808.
- Campbell, W.W., M.C. Crim, V.R. Young, and W.J. Evans. 1994. Increased energy requirements and changes in body composition with resistance training in older adults. *American Journal of Clinical Nutrition*, 60:167-175.
- Campfield, LA., F.J. Smith, Y. Guisez, R. Devos, and P. Burn. 1995. Recombinant mouse OB protein: evidence for a peripheral signaling linking adiposity and central neural networks. *Science*, 269:546-549.
- Cannon, B., and J. Nedergaard. 2004. Brown adipose tissue: function and physiology significance. *Physiology Review*, 84:277-359.
- Capelli, C., C. Rosa, F. Butti, G. Ferretti, A. Veicsteinas, and P.E. di Prampero. 1993. Energy cost of and efficiency of riding aerodynamic bicycles. *European Journal of Applied Physiology*, 67:144-149.
- Carlson, M.G., W.L. Snead, I.O. Hill, N. Nuriahan, and I. 13.1.
- Campbell. 1991. Glucose regulation of lipid metabolism in humans. *American Journal of Physiology*, 261 :E815-E820-
- Carter, Fl., A.M. Jones, and I.H. Doust. 1999. Effect of six weeks of endurance training on the lactate minimum speed. *Journal of Sports Science*, 17:957-967-
- Carter, S., S. McKenzie, M. Mourtzakis, D.J. Mahoney, and M.A. Tarnopolsky. 2001 a. Short-term 17 β -estradiol decreases glucose Ra but not whole body metabolism during endurance exercise. *Journal of Applied Physiology*,
- Carter, SL, C. Rennie, and M.A. Tarnopolsky. 2001b. Substrate utilization during endurance exercise in men and women after endurance training. *American Journal of Physiology*, 280:E898-E907.
- Casaburi, R., T.W. Storer, I. Ben-Dov, and K. 1987. Effect of endurance training on possible determinants of V \dot{V} O $_2$ during heavy exercise. *Journal of Applied Physiology*, 62: 199-207.
- Caspersen, C.I., K.E. Powell, and G.M. Christensen. 1985. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Reports*, 100:126-131.
- Cavanagh, P.R., and R. Kram. 1985. The efficiency of human movement: a statement of the problem. *Medicine and Science in Sports and Exercise*, 17:304-308.
- Cerretelli, P., D. Shindell, D.P. Pendergast, P.E. Di Prampero, and D.W. Rennie. 1977. Oxygen uptake transients at the onset and offset of arm and leg work. *Respiration*, 30:81-97.
- Cheatham, M, E., L.H. Boobis, S. Brooks, and C. Williams- 1986. Human muscle metabolism during sprint running. *Journal of Applied Physiology*, 61:571-60.
- Chester, N., T. Reilly, and D.R. Mottram. Physiological subjective and performance effects of pseudoephedrine and phenylpropanolamine during endurance running exercise. *International Journal of Sports Medicine*, 27:13-8.
- Chi, M.M.-Y., C.S. Hintz, E.F. Coyle, W.H. Martin III, I-L Ivy, P.M. Nemeth, I.O. Holloszy, and 0.11. Lowry. 1983. Effects of detraining on enzymes of energy metabolism in individual human muscle fibers. *American Journal of Physiology*, 244: C276-C287.
- Choi, De, K.J. Cole, B.H. Goodpaster, W.I. Fink, and DL Costill. 1994. Effect of passive and active recovery on resynthesis of muscle glycogen. *Medicine and Science in Sports and Exercise*, 26:992-996.
- Christensen, E.H., and O. Hansen. 1939. Arbeitsfähigkeit und Ernährung. *Scandinavia Archive Physiologic*, 13:160-175.
- Chu, K.S., T.J. Doherty, G. Parise, J.S. Milheiro, and M.A. Tarnopolsky. 2002. A moderate dose of pseudoephedrine does not alter muscle contraction strength or anaerobic power. *Clinical Journal of Sports Medicine*, 12:387-390.
- Clapp, J.F., M. Wesley, and R.I. Sleamaker. 1987. Thermoregulatory and metabolic responses to jogging prior to and during pregnancy. *Medicine and Science in Sports and Exercise*, 19:124-130.
- Cloherty, E.K., LA. Sultzman, R.J. Zottola, and A. Carruthers. 1995. Net sugar transport is a multistep process: Evidence for cytosolic sugar binding sites in erythrocytes. *Biochemistry*, 34:15395-15406.
- Coggan, A.R., and E.E. Coyle. 1987. Reversal of fatigue during prolonged exercise by carbohydrate infusion or ingestion. *Journal of Applied Physiology*, 63:2388-2395.
- Coggan, A.R., D.L. I-Iabash, L.A. Mendenhall, S.C. Swanson, and C.L. Kien. 1993. Isotopic estimation of CO $_2$ production during exercise before and after endurance training. *Journal of Applied Physiology*, 75:70-75.
- Coggan, A.R., W.M. Kohrt, R.J. Spina, D.M. Bier, and I.O. Holloszy. 1990. Endurance training decreases plasma glucose turnover and oxidation during moderate intensity exercise in men. *Journal of Applied Physiology*, 68:990-996.
- Coggan, A.R., C.A. Raguso, B.D. Williams, L.S. Sidossis, and A. Gastaldelli. 1995. Glucose kinetics during high-intensity exercise in endurance-trained and untrained humans. *Journal of Applied Physiology*, 78:1203-1207.
- Colberg, S.R., J.M. Fiagberg, S.D. McCole, J.M. Zumda, P.D. Thompson, and D.E. Kelley- 1996. Utilization of glycogen but not plasma glucose is

- reduced in individuals with NID1M during mild-intensity exercise. *Journal of Applied Physiology*, 81:2027-2033.
- Collins, M.H., D.J. Pearsall, G.S. Zavorsky, H. Bateni, R.A. Turcotte, and D.L. Montgomery. 2000. Acute effects of intense interval training on running mechanics. *Journal of Sports Science*, 18:83-90.
- Conley, D.L., and G.S. Krahenbuhl. 1980. Running economy and distance running performance of highly trained athletes. *Medicine and Science in Sports and Exercise*, 12:357-360.
- Conley, K.E., S.A. Jubrias, and P.C. Esselman. 2000. Oxidative capacity and ageing in human muscle. *Journal of Physiology*, 526:203-210.
- Connolly, I.P., Y.L. Liu, I. Frost, I.P. Reckless, D.J. I-Neal, and M.J. Stock. 1999. Thermogenic effects of sibutramine and its metabolites. *British Journal of Pharmacology*, 126:1487- 1495.
- Considine, R.V., E.L. Considine, C.I. William, N.R. Nyce, S.A. Magosin, T.L. Bauer, E.L. and J.F. Caro. 1995. Evidence against either a premature stop codon or the absence of obese gene mRNA in human obesity. *Journal of Clinical Investigation*, 95:2986-2988.
- Considine, R.V., M.K. Sinha, M.L. I-elman, A. Kriaucinas, T.W. Stephens, M.R. Nyce, J.P. Ohannesian, C.C. Marco, L.I. McKee, T.L. Bauer, and Caro. 1996. Serum immunoreactive-leptin concentrations in normal weight and obese humans. *New England Journal of Medicine*, 334:292-295.
- Costill, D.L. 1967. "The relationship between selected physiological variables and distance running performance. *Journal of Sports Medicine and Physical Fitness*, 7:61-66.
- Costill, D.L., E. Coyle, G. Dalsky, W. Evens, W. Fink, and D. Hoopes. 1977. Effects of elevated plasma FFA and insulin on muscle glycogen usage during exercise. *Journal of Applied Physiology*, 43:695-699.
- Costill, D.L., E.F. Coyle, W.F. Fink, G.R. Irmes, and E.A. Witzmann. 1979. Adaptations in skeletal muscle following strength training. *Journal of Applied Physiology*, 46:96-99.
- Costill, D.L., W.J. Fink, and M.L- Pollock. 1976. Muscle fiber composition and enzyme activities of elite distance runners. *Medicine and Science in Sports and Exercise*, 8:96-100.
- Costill, D.L., H. Thomason, and E. Roberts. 1973. Fractional utilization of the aerobic capacity during distance running. *Medicine and Science in Sports*, 5:248-252.
- Coyle, E.F. 2000. Physical activity as a metabolic stressor. *American Journal of Clinical Nutrition*, 72 (Suppl):S512-S520.
- Coyle, E.F., A.R. Coggan, M.K- Hemmert, and J.L. Ivy. 1986. Muscle glycogen utilization during prolonged strenuous exercise when fed carbohydrate. *Journal of Applied Physiology*, 61 : 165-172.
- Coyle, E.F., M.T. Hamilton, J. Gonzalez-Alonso, S.J. Montain, and J.L. Ivy. 1991. Carbohydrate metabolism during intense exercise when hyperglycemic. *Journal of Applied Physiology*, 70:834-840.
- Coyle, E.F., A.E. Jeukendrup, A.J. Wagenmakers, and W.H. Saris. 1997. Fatty acids oxidation is directly regulated by carbohydrate metabolism during exercise. *American Journal of Physiology*, 273:E268-E275.
- Crawford, D., R.W. Jeffery, and S.A. French. 2000. Can anyone successfully control their weight! Findings of a three year community-based study of men and women. *International Journal of Obesity Related Metabolic Disorders*, 9:1107- 1110.
- Crovetti, R., M. Porrini, R. Santangelo, and G. Testolin. 1998. The influence of thermic effect of food on satiety. *European Journal of Clinical Nutrition*, 52:482-488.
- Cunningham, I. 1982. Body composition and resting metabolic rate: the myth of feminine metabolism. *American Journal of Clinical Nutrition*, 36:721-726.
- Danforth, E. 1999. Sibutramine and thermogenesis in humans. *International Journal of Obesity*, 23:1007-1008.
- Daniels, J.T. 1985. A physiologist's view of running economy. *Medicine and Science in Sports and Exercise*, 17:332-338.
- Dauncey, M.J. 1990. Thyroid hormones and thermogenesis. *Proceedings of the Nutrition Society*, 49:203-215.
- Davidson, M. 1979. The effect of aging on carbohydrate metabolism: a review of diabetes mellitus in the elderly. *Metabolism*, 28:6S8-m5.
- Davies, C.T. 1980. Effect of wind assistance and resistance on the forward motion of a runner. *Journal of Applied Physiology*, 49:203-215.
- Davies, C.T.M., C. Barnes, and S. Godfrey. 1972. Body composition and maximal exercise performance in children. *Human Biology*, 44:195-214.
- Day, C., and C.J. Bailey. 1998. Effect of the antiobesity agent sibutramine in obese-diabetic ob/ob mice. *International Journal of Obesity and Related Metabolic Disorders*, 22:619- 623.
- DeFronzo, R.A., E. Ferrannini, Y. Sato, P. Felig, and I. Wahren. 1981. Synergistic interaction between exercise and insulin on peripheral glucose uptake. *Journal of Clinical Investigation*, 68:1468-1474.
- DeFronzo, R., R. Gunnarsson, D. Bjorkman, M. Olsson, and J. Warren. 1985. Effects of insulin on peripheral and splanchnic glucose metabolism in noninsulin-dependent (type II) diabetes mellitus. *Journal of Clinical Investigation*, 76:149-155.
- DeFronzo, R.A., D. Thorin, J.P. Felber, D.C. Simonson, D. Thiebaut, E. Jequier, and A. Golay. 1984. Effect of beta- and alpha-adrenergic blockade in glucose-induced thermogenesis in man. *Journal of Clinical Investigation*, 73:633-639.
- DeFronzo, R.A., J.D. Tobin, and R. Andres. 1979. Glucose clamp technique: a method for quantifying insulin secretion and resistance. *American Journal of Physiology*, 237:E214-E223.
- De Glisezinski, I., I. Harant, F. Crampes, F. Trudeau, A. Felez, J.M. Cottet-Emard, M. Garrigues, and D. Riviere. 1998. Effects of carbohydrate ingestion on adipose tissue lipolysis during long-lasting exercise in trained men. *Journal of Applied Physiology*, 84:1627-1632.
- DeMeersman, R., D. Gatty, and D. Schaffer. 1987. Sympathomimetics and exercise enhancement: all in the mind? *Pharmacology, Biochemistry, and Behavior*, 28:361-365.
- den Besten, C., G. Vansant, J. Westrate, and P- Deurenberg. 1988. Resting metabolic rate and diet-induced thermogenesis in abnormal and gluteal-femoral obese women before and after weight reduction. *American Journal of Clinical Nutrition*, 847.
- D'Eon, T.M., and B. Braun. 2002. The roles of estrogen and progesterone in regulating carbohydrate and fat utilization at rest and during exercise. *Journal of Women's Health and Gender-Based Medicine*, 11:225-237.
- Devlin, J.T., M. Hirshman, E.I. Horton, and E.S. Horton. 1987. Enhanced peripheral and splanchnic insulin sensitivity in NIDDM men after single bout of exercise. *Diabetes*, 36:134- 439.
- Devlin, J.T., and E.S. Horton. 1985. Effect of prior high intensity exercise on glucose metabolism in normal and insulin-resistant men. *Diabetes*, 34:973-979.
- Dill, D.B. 1965. Oxygen cost of horizontal and grade walking and running on the treadmill. *Journal of Applied Physiology*, 20:19-22.
- Di Pietro, 1999. Physical activity in the prevention of obesity: current evidence and research issues. *Medicine and Science in Sports and Exercise*, 31 :S542-S546.
- Di Prampero, P.E., C. Capelli, P. Pagliaro, G. Antonutto, M. Girardis, P. Zamparo, and R.G. Soule. 1993. Energetics of best performance in middle-distance running. *Journal of Applied Physiology*, 75:1403-1410.
- Dohm, G.L. 1986. Protein as a fuel for endurance exercise. *Exercise and Sport Sciences Reviews*, 14:143-173.
- Dohm, G.L., G.J. Kasperck, E.g. Tapscott, and H.A. Barakat. 1987. Protein degradation during endurance exercise and recovery. *Medicine and Science*

- in Sports and Exercise, 19:S166-S171.
- Dolny, D., and P. Lemon. 1988. Effect of ambient temperature on protein breakdown during prolonged exercise. *Journal of Applied Physiology*, 64:550-555.
- Donnelly, J.E., D.J. Jacobsen, K. Snyder Heelan, R. Seip, and S. Smith. 2000. The effects of 18 months of intermittent vs. continuous exercise on aerobic capacity, body weight and composition, and metabolic fitness in previously sedentary, moderately obese females. *International Journal of Obesity*, 24:566-572.
- Donovan, C.M., and M.I. Pagliassotti. 1990a. Endurance training enhances lactate clearance during hyperlactatemia. *American Journal of Physiology*, 257:E169-177.
- Donovan, C.M., and M.I. Pagliassotti. 1990b. Enhanced efficiency of lactate removal after endurance training. *Journal of Applied Physiology*, 68:1053-1058.
- Donovan, C.M., and K.D. Sumida. 1997. Training enhanced hepatic gluconeogenesis: the importance for glucose homeostasis during exercise. *Medicine and Science in Sports and Exercise*, 29:628-634.
- Dudley, G.A. 1988. Metabolic consequences of resistive-type exercise. *Medicine and Science in Sports and Exercise*, 20 (Suppl):S158-S168.
- Dulloo, A.G., and D.S. Miller. 1986. The thermogenic properties of ephedrine/methylxanthine mixtures: human studies. *International Journal of Obesity*, 10:467-481.
- Dyck, D.J., S.A. Peters, P.S. Wendling, A. Chesley, F. I-Hultman and L.L. Spriet. 1996. Regulation of muscle glycogen phosphorylase activity during intense aerobic cycling with elevated FFA. *American Journal of Physiology* 265:E116-E125.
- Dyck, D.J., C. T. Putman, G.J.F-Heigenhauser, E. Hultman, and L.L. Spriet. 1993- Regulation of fat-carbohydrate interaction in skeletal muscle during intense aerobic cycling. *American Journal of Physiology*, 265:E852-859.
- Eklom, B. 1969. Effect of physical training on oxygen transport system in man. *Acta Physiologica Scandinavica (Suppl)*, 328:1-45.
- Elia, M. 1992. Organ and tissue contribution to metabolic rate. In: *Energy metabolism: tissue determinants and cellular corollaries*, ed. J.M. Kinney and I-LN. Tucker, 61-79. New York: Raven Press.
- Elia, M., P. Ritz, and R.J. Stubbs. 2000. Total energy expenditure in the elderly. *European Journal of Clinical Nutrition*, 54 (Suppl)
- Ellis, G.S., S. Lanza-lacoby, A. Gow, and Z.V. Kendrick. 1994. Effect of estradiol on lipoprotein lipase activity and lipid availability in exercised male rats. *Journal of Applied Physiology*, 77:209-215.
- Eriksson, B.O., P.D. Gollnick, and B. Saltin. 1973- Muscle- metabolism and enzyme activities after training in boys 11-13 years old. *Acta Physiologica Scandinavica*, 87:485-497.
- Eriksson, B.O., J. Karlsson, and B. Saltin. 1971. Muscle metabolites during exercise in pubertal boys. *Acta Paediatrica Scandinavica*, 217
- Essig, D., D.L. Costill, and P.J. Van Handel. 1980. Effect of caffeine ingestion on utilization of muscle glycogen and lipid during leg ergometry cycling. *International Journal of Sports Medicine*, 1:86-90.
- Eston, R.G., A.V. Rowlands, and D.K. Ingledew. 1998. Validity of heart rate, pedometer, and accelerometry for predicting the energy cost of children's activities. *Journal of Applied Physiology*, 84:362-371.
- Fain, J.N., and I.A. Sainz-Garcia. 1983. Adrenergic regulation of adipocyte metabolism. *Journal of Lipid Research*, 24:945-966.
- Faria, E.W., D.L. Parker, and I.E. Faria. 2005. The science of cycling: physiology and training - part 2. *Sports Medicine*, 35:313-337.
- Farooqi, I.S., S.A. Lebb, G. Langmack, E. Lawrence, C.H. Cheetham, A. Prentice, I.A. Hughes, M.A. McCarmish, and S. O'Rahilly. 1999. Effects of recombinant leptin therapy in a child with congenital leptin deficiency. *New England Journal of Medicine*, 341:879-884.
- Fawcner, S.G., and N. Armstrong. 2003. Oxygen uptake kinetic response to exercise in children. *Sports Medicine*, 33:651-669.
- Feliv, P. 1984. Insulin is the mediator of overfeeding-related thermogenesis: insulin resistance and/or deficiency results in thermogenic defect which contributes to the pathogenesis of obesity. *Clinical Physiology*, 4:267-273.
- Felig, P., A. Cherif, A. Minagawa, and J. Wahren. 1982- Hypoglycemia during prolonged exercise in normal men. *New England Journal of Medicine*, 306:895-900.
- Felig, P., and J. Wahren. 1971. Amino acids metabolism in exercising man. *Journal of Clinical Investigation*, 50:2703-2714.
- Fellingham, G.W., E.S. Roundy, A.G. Fisher, and G.R. Bryce. 1978. Calorie cost of walking and running. *Medicine and Science in sports*, 10:132-136.
- Ferrannini, E. 1988. The theoretical basis of indirect calorimetry: a review. *Metabolism*, 37:287-301.
- Ferrannini, E., E.I. Barrett, S. Bevilacqua, and R. DeFronzo. 1983. Effects of fatty acids on glucose production and utilization in man. *Journal of Clinical Investigation*, 72:1737-1747.
- Fielding, R.A., and J. Parkington. 2002. What are the dietary protein requirements of physically active individuals? New evidence on the effects of exercise on protein utilization during post-exercise recovery. *Nutrition in Clinical Care*, 5:191-196.
- Fine, B.J., J.L. Kobrick, H.R. Lieberman, B. Marlowe, R.I. Riley, and W.J. Tharion. 1991. Effects of caffeine or diphenhydramine on visual vigilance. *Psychopharmacology (Berl)*, 114:233-238.
- Fitts, R.N., F.W. Booth, W.W. Winder, and J.O. Holloszy. 1975. Skeletal muscle respiratory capacity, endurance, and glycogen utilization. *American Journal of Physiology*, 228:1029-1033.
- Flechtner-Tjors, M., H. Ditschuneit, I. Yip, and G. Adler. 1999. Sympathetic modulation of lipolysis in subcutaneous adipose tissue: effects of gender and energy restriction. *Journal of Laboratory and Clinical Medicine*, 134:33-41.
- Flegal, K.M., K.I.D. Carroll, R. L. Kuczmarski, and C.L. Johnson. 1998. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity*, 22:39-47.
- Gore, C.R. and R. Witters. 1990. Effect of exercise intensity and duration on post-exercise metabolism. *Journal of Applied Physiology*, 68:2362-2368.
- Gortmaker, S.L., A. Must, A.M. Sobol, K. Peterson, C.A. Colditz, and W.H. Dietz. 1996- Television viewing as a cause of increasing obesity among children in the United States, 1986-1990. *Archives of Pediatrics and Adolescent Medicine*, 150:356-362.
- Graham, T.E. 2001. Caffeine, coffee and ephedrine: impact on exercise performance and metabolism. *Canadian Journal of Applied Physiology*, 26 Y.
- Graham, T.E., J.W. Helge, D.A. MacLean, B. Kiens, and E.A. Richter. 2000. Caffeine ingestion does not alter carbohydrate or fat metabolism in human skeletal muscle during exercise. *Journal of Physiology*, 529:837-847.
- Graham, T.E., and D.A. MacLean. 1992. Ammonia and amino acid metabolism in human skeletal muscle during exercise. *Canadian Journal of Physiology and Pharmacology*, 70:132-141.
- Graham, T.E., J.W.E. Rush, and D.A. MacLean. 1995. Skeletal muscle amino acid metabolism and ammonia production during exercise. In: *Exercise metabolism*, ed. M. Hargreaves, 131-175. Champaign, IL: Human Kinetics.
- Green, H.J., S. Jones, M. Ball-Burnett, B. Farrance, and D. Ranney. 1995. Adaptations in muscle metabolism to prolonged voluntary exercise and training. *Journal of Applied Physiology*, 78:138-145.
- Griggs, R.C., W. Kingston, R.F. Jozefowicz, B.E. Herr, G. Forbes, and D. Halliday. 1989. Effect of testosterone on muscle mass and muscle protein synthesis. *Journal of Applied Physiology*, 66:498-503.

- Grundy, S.M., G. Blackburn, M. Higgins, R. Lauer, M.G. Perri, and D. Ryan. 1999. Roundtable consensus statement: physical activity in the prevention and treatment of obesity and its comorbidities. *Medicine and Science in Sports and Exercise*, 31 :S502-S508.
- Gueli, D., and R.J. Shephard. 1976. pedal frequency in bicycle ergometer. *Canadian Journal of Applied Sports Science*, 1:137-141.
- Hackney, A.C. 1990. Effects of menstrual cycle on resting muscle glycogen content. *Hormone and Metabolic Research*, 22:647.
- Hackney, A.C., M.A. McCracken-Compton, and B. Ainsworth. 1994. Substrate responses to submaximal exercise in the midfollicular and midluteal phase of the menstrual cycle. *International Journal of Sports Nutrition*, 4:299-308.
- Hagberg, J.M., R.C. Hickson, A.A. Ehsani, and I.O. Holloszy. 1980. Faster adjustment to and recovery from submaximal exercise in the trained state. *Journal of Applied Physiology*, 48:218-224.
- Hagberg, J., J. Mullin, and F. Nagle. 1978. Oxygen consumption during constant load exercise. *Journal of Applied Physiology*, 45:381-384.
- Hakim, A.A., J.D. Curb, H. PetrGvich, et al. 1999. Effects of walking on coronary heart disease in elderly men: the Honolulu Heart Study. *Circulation*, 100:1145-1150.
- I-lakkinen, K., P.V. Komi, and P.A. Tesch. 1981. Effect of combined concentric and eccentric strength training and detraining on force-time, muscle fiber, and metabolic characteristics of leg extensor muscles. *Scandinavian Journal of Sports Science*, 3:50-58.
- Halaas, J.L., K.S. Gajiwala, M. Maffei, S.L. Cohen, B.T. Chait, D. Lubinowitz, R.L. Lillone, S.K. Burley, and J.M. Friedman. 1995. Weight-reducing effects of the plasma protein encoded by the obese gene. *Science*, 269:543-546.
- Halton, R.W., R.R. Kraemer, R.A. Sloan, E.P. Hebert, K. Frank, and J.L. Tryniecki. 1999. Circuit weight training and its effect on excess postexercise oxygen consumption. *Medicine and Science in Sports and Exercise*, 31:1613-1618.
- Hamilton, A.L., M.E. Nevill, S. Brooks, and G. Williams. 1991. Physiological responses to maximal intermittent exercise: differences between endurance trained and runners and game players. *Journal of Sports Science*, 9:371-382.
- Hamilton, K.S., E.K. Gibbons, D.P. Lacy, A.D. Cherrington, and D.H. Wasserman. 1996. Effect of prior exercise on the partitioning of an intestinal glucose load between splanchnic bed and skeletal muscle. *Journal of Clinical Investigation*, 98:125-135.
- Hammer, R.L., C.A. Barrier, E.S. Roundy, J. Bradford, and A.G. Fisher. 1988. Calorie-restricted low fat diet and exercise in obese women. *American Journal of Clinical Nutrition*, 1:77-85.
- Hansen, D.L., S. Toubro, M.I. Stock, I.A. Macdonald, and A. Astrup. 1999. The effect of sibutramine on energy expenditure and appetite during chronic treatment without dietary restriction. *International Journal of Obesity and Related Metabolic Disorders*, 23:1016-1024.
- Hansen, FEM., N. Fahmy, and J.H. Nielsen. 1980. The influence of sexual hormones on lipogenesis and lipolysis in rat cells. *Acta Endocrinologica*, 95:566-570.
- Hargreaves, M. 2006. Skeletal muscle carbohydrate metabolism during exercise. In: *Exercise Metabolism*, ed. M. Hargreaves and L. Spriet, 29-54. Champaign, IL: Human Kinetics.
- Hargreaves, M., and J. Proietto. 1994. Glucose kinetics during exercise in trained men. *Acta Physiologica Scandinavica*, 150:221-225.
- Haskell, W.L., M.C. Yee, A. Evans, and P.J. Irby. 1993. Simultaneous measurement of heart rate and body motion to quantify physical activity. *Medicine and Science in Sports*, 25:109-115.
- Hatano, Y. 1993. Use of the pedometer for promoting daily walking exercise. *International Council for Health, Physical Education, and Recreation*, 29:4-8.
- Haymes, E.M., and W.C. Byrnes. 1993. Walking and running energy expenditure estimated by Caltrac and indirect calorimetry. *Medicine and Science in Sports and Exercise*, 25:1365-1369.
- Hays, J.I., A. DiSabatino, R.T. Gorman, S. Vincent, and M.E. Stillabower. 2003. Effect of a high saturated fat and no-starch diet on serum lipid subfractions in patients with documented atherosclerotic cardiovascular disease. *Mayo Clinics Proceedings*, 78:1331-1336.
- Heath, G.W., J.R. Gavin, III, J.M. Hinderliter, J.M. Hagberg, S.A. Bloomfield, and J.O. Holloszy. 1983. Effects of exercise and lack of exercise on glucose tolerance and insulin sensitivity. *Journal of Applied Physiology*, 53:512-517.
- Hebert, D.N., and A. Carruthers. 1992. Glucose transporter oligomeric structure determines transporter function: reversible redox-dependent interconversions of tetrameric and dimeric GLUT1. *Journal of Biological Chemistry*, 267:23829-23838.
- Hebestreit, F.L., S. Kriemler, R.L. Hughson, and O. Bar-Or. 1998. Kinetics of oxygen uptake at the onset of exercise in boys and men. *Journal of Applied Physiology*, 85:1833-1841.
- Hendelman, D., K. Miller, C. Baggett, E. Debold, and P. Freedson. 2000. Validity of accelerometry for the assessment of moderate intensity physical activity in the field. *Medicine and Science in Sports and Exercise*, 32 (Suppl):S442-S449.
- Henriksson, J. 1977. Training induced adaptation of skeletal muscle and metabolism during submaximal exercise. *Journal of Physiology*, 270:661-667.
- Henriksson, J. 1995. Muscle fuel selection; effect of exercise and training. *Proceedings of the Nutrition Society*, 54:125-138.
- Hermansen, L., and M. Wachtlova. 1971. Capillary density of skeletal muscle in well-trained and untrained men. *Journal of Applied Physiology*, 30:860-863.
- Heyman, M.B., P. Fuss, V.R. Young, W.J. Evans, and S.B. Roberts. 1991. Prediction of total energy expenditure using the Caltrac activity monitor. *International Journal of Obesity*, 15 (Suppl):1-23.
- Heymsfield, S.B., A.S. Greenberg, K. Fujioka, R.M. Dixon, R. Kushner, T. Hunt, J.A. Lubina, J. Patane, B. Self, P. I-Iunt, and M. McCamish. 1999. Recombinant leptin for weight loss in obese and lean adults: a randomized, controlled, dose-escalation trial. *Journal of the American Medical Association*, 282:1568-1575.
- Hickson, R.C. 1980. Interference of strength development by simultaneously training for strength and endurance. *European Journal of Applied Physiology*, 45:255-263.
- Hickson, R.C., I-I-A. Botnze, and J.O. Holloszy. 1978. Faster adjustment of oxygen uptake to the energy requirement of exercise in the trained state. *Journal of Applied Physiology*, 44:877-881.
- Hill, A.V., and H. Lupton. 1923. Muscular exercise, lactic acid, and the supply and utilization of oxygen. *Quarterly Journal of Medicine*, 16:135-171.
- Hill, J.O., and E.L. Melanson. 1999. Overview of the determinants of overweight and obesity: current evidence and research issues. *Medicine and Science in Sports and Exercise*, 31 (Suppl): S515-S521.
- Hill, R.J., and P.S. Davis. 2002. Energy intake and energy expenditure in elite lightweight female rowers. *Medicine and Science in Sports and Exercise*, 34:1823-1827.
- Holloszy, J.O., M. Chen, G.D. Cartee, and J.C. Young. 1991. Skeletal muscle atrophy in old rats: differential changes in the three fiber types. *Mechanisms of Ageing and Development*, 60:199-213.
- Holloszy, I.O., and E.F. Coyle. 1984. Adaptations of skeletal muscle to endurance exercise and their metabolic consequences. *Journal of Applied Physiology*, 56:831-838.
- Holloszy, J.O., L.B. Oscai, P.A. Mole, and I.I. Don. 1971. Biochemical adaptations to endurance exercise in skeletal muscle. In: *Muscle Metabolism during Exercise*, ed. B. Pernov and B. Saltin, 51-61. New York: Plenum Press.
- Hopfel, H., H. Howald, K. Concey, et al. 1985. Endurance training in humans: aerobic capacity and structure of skeletal muscle. *Journal of Applied Physiology*, 59:320-327.

- Horowitz, J.F., and S. Klein. 2000. Oxidation of nonplasma fatty acids during exercise is increased in women with abdominal obesity. *Journal of Applied Physiology*, 89:2276-2282.
- Horton, Tel., M.J. Pagliassotti, K. Hobbs, and I.O. I lill. 1998. Fuel metabolism in men and women during and after long-duration exercise. *Journal of Applied Physiology*, 85: 1823-1832.
- Houde-Nadeau, M., L. de Jonge, and D.R. Garrel. 1993. Thermogenic response to food: intraindividual variability and measurement reliability. *Journal of the American College of Nutrition*, 12:511-516.
- Houmard, L.A., M.L. Weidner, K.E. Gavigan, G.L. Tyndall, M.S. Hickey, and A. Alshami. 1998. Fiber type and citrate synthase activity in human gastrocnemius and vastus lateralis with aging. *Journal of Applied Physiology*, 85:1337-13'11 I-Iukshorn, C.I., and W.I-I.M. Saris. 2004. Leptin and energy expenditure. *Current Opinion in Clinical Nutrition and Metabolic care*, 7:629-633.
- Hunter, G., L. Blackman, L. Dunnam, and G. Flemming. 1988. Bench press metabolic rate as a function of exercise intensity. *Journal of Applied Sports Science Research*, 2:1-6.
- Hunter, GER., T. Kekes-Szabo, and A. Schnitzler. 1992. Metabolic cost: vertical work ratio during knee extension and knee flexion & weight-training exercise. *Journal of Applied Sports Science Research*, 6:42-48.
- Hurley, B.F., J.M. Hagberg w.K. Allen, D.R. seals, J.C. Young, RW. Cuddihee, and J.O. Holloszy. 1984. Effect of training on blood lactate levels during submaximal exercise. *Journal of Applied Physiology*, 56:1260-1264.
- Hurley, B.F., P.M. Nemeth, W.H. Martin, 3rd, J.M. Hagberg, G.P. Dalsky, and J.O. I•lollooszy. 1986. Muscle triglyceride utilization during exercise; effect of training. *Journal of Applied Physiology*, 60:562-567. Ingier, F. 1979. Capillary supply and mitochondrial content of different skeletal muscle fiber types in untrained and endurance trained men: a histochemical and ultra structural study. *European Journal of Applied Physiology*, '10:197- 209.
- Issekutz, B., and P. Paul. 1968. Intramuscular energy sources in exercising normal and pancreatectomized dogs. *American Journal of Physiology*, 215: 197-204.
- Ivy, IL, B.A. Frishberg, S.W. Farrell, W.J. Miller, and WM. Sherman. 1985. Effect of elevated and exercise-induced muscle glycogen levels on insulin sensitivity. *Journal of Applied Physiology*, 59:154-159.
- Izawa, T., T. Komabayashi, T. Mochizuki, K. Suda, and M. Tsuboi. 1991. Enhanced coupling of adenylate cyclase to lipolysis in permeabilized adipocytes from trained rats. *Journal of Applied Physiology*, 71:23-29. Jackson, A., S. Blair, M. Mahar, Weir, R. Ross, and J. Stuteville. 1990. Prediction of functional aerobic capacity without exercise testing. *Medicine and Science in Sports and Exercise*, 22:863-870.
- Jakicic, J.M., M. Marcus, K.I. Gallagher, C. Randall, E. Thomas, EL Goss, and R.J. Robertson. 2004. Evaluation of SenseWear Pro Armband1At to assess energy expenditure during exercise. *Medicine and Science in Sports and Exercise*, 36:897- 904.
- Jakicic, J.M., R-R. Wing, B.A. Butler, and R.J. Robertson. 1995. Prescribing exercise in multiple short bouts versus one continuous bout: effect on adherence, cardiorespiratory fitness, and weight loss in overweight women. *International Journal of Obesity*, 19:8Y3-901
- Jakicic, J.M., C. Winters, W. Lang, and R.R. Wing. 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*, 282:1554-1560. James, R.C., T.W. Burns, and G.R. Chase. 1971. Lipolysis of human adipose tissue cells: influence of donor factors. *Journal of Laboratory and Clinical Medicine*, 77:254- 266.
- James, W.P.T. 1992. From SDATo DrttoTEF. In: *Energy metabolism: tissue determinants and cellular corollaries*, ed. J.M. Kinney and I-I.N., Tucker, 163-186. New York: Raven Press.
- Jansson, E., and L. Kaiiser. 1977. Muscle adaptation to extreme endurance training in men. *Acta Physiologica Scandinavica*, 100:315-324.
- Jansson, E., and L. Kaiiser. 1987. Substrate utilization and enzymes in skeletal muscle of extremely endurance-trained men. *Journal of Applied Physiology*, 62:999-1005.
- Jansson, P.A., Ll. Smith, and P. Lonnroth. 1990. Interstitial glycerol concentration measured by microdialysis in two subcutaneous regions in humans. *American Journal of Physiology*, 258; EDI 8-E922.
- Janz, K.F., J. Witt, and LT. Mahoney. 1995. The stability of children's physical activity as measured by accelerometry and self-report. *Medicine and Science in Sports and Exercise*, 27:1326-1332.
- Jenkins, A.B., D.J. Chisholm, D.E- lames, K.Y- Ho, and E.W. Kraegen. 1985. Exercise induced hepatic glucose output is precisely sensitive to the rate of systemic glucose supply. *Metabolism*,
- Jenkins, A.B., S.M. Furler, D.L Chisholm, and E.W. Kraegen. 1986. Regulation of hepatic glucose output during exercise by circulating glucose and insulin in humans. *American Journal of Physiology*, 250:R411-R417. Jeukendrup, A., and M. Gl'eeson. 2004. *Sports nutrition: an introduction to energy production and performance*. Champaign, IL: Human Kinetics.
- Johnson, L.N. 1992. Glycogen phosphorylase: control by phosphorylation and allosteric effectors- FASEB Joitrna!, 6:2274-2282.
- Jones, A.M. 1998. A 5-year physiological case study of an Olympic runner. *British Journal of Sports Medicine*, 32:39-43.
- Jones, A.M., and H. Carter. 2000- Ellie effect of endurance training on parameters of aerobic fitness. *Sports Medicine*. 29:373- 386.
- Kalkhoff, R. 1)82. Metabolic effects of progesterone. *American Journal of Obstetrics Gynecology*, 142:735-738. Kang, J., E.C. Edward, M.A. Mastrangelo, I.11. Hoffman, N.A. Ratames, and E. O'Connor. 2005a. Metabolic and perceptual responses during Spinning' cycle exercise. *Medicine and Science in Sports Exercise*, 37:853-859. Kang, J., J.R. Hoffman, J. Im, B.A. Spiering, N.A. Ratames,
- K.W. Rundell, S. Nioka, J. Cooper, and B. Chance, 2005b. Evaluation of physiological responses during recovery following three resistance exercise programs. *Journal of Strength and Conditioning Research*, 19:305-309.
- Kang, J., J.R. Hoffman, M. Wendell, H. Walker, and M. Hebert. 2004. Effect of contraction frequency on energy expenditure and substrate utilization during upper and lower body exercise. *British Journal of Sports Medicine*, 38:31-35.
- Kang, I-, D.E. Kelley, R.J. Robertson, EL Goss, R.R. Suminski, A-C. utter, and S.G. Dasilva. 1999. Substrate utilization and glucose turnover during exercise of varying intensities in individuals with NIDDM. *Medicine and Science in Sports and Exercise*, 31:82-89.
- Kanv J., R.J. Robertson, FL Goss, S.G. DaSilva, R.R. Suminski, A-C. utter, R.F. Zoeller, and K-F. Metz. 1997. Metabolic efficiency during arm and leg exercise at the same relative intensities. *Medicine and Science in Sports and Exercise*, 29:377-382.
- Kang, J., R.J. Robertson, J.M. Hagberg, D.E. Kelley, EL Goss, S.G. DaSilva, R.R. Suminski, and A.C. utter. 1996. Effect of exercise intensity on glucose and insulin metabolism in obese individuals and obese NIDDM patients. *Diabetes Care*, 19:341-349.
- Kaplan, G.B., D.J. Greenblatt, B.L Ehrenberg, I.E. Goddard, M,M. Cotreau, I.S. I-Iarmatz, and R.I. Shader. 1997. Dose-dependent pharmacokinetics and psychomotor effects of caffeine in humans. *Journal of Clinical Pharmacology*, 37:693-703.
- Karlssoon, J., I—0. Nordesio, L Jorfeldt, and B. Saltin. 1972. Muscle lactate, ATP, and CP levels during exercise after physical training in man. *Journal of Applied Physiology*, 33:199-203.

- Karvonen, J., J. Chwalbinska-Moneta, and S. Saynajakangas. 1984. Comparison of heart rate measured by ECG and by microcomputer. *Physician and Sports Medicine*, 12:65-69.
- Kashiwazaki, H., Y-Deiima, and T. Suzuki. 1990. Influence of upper and lower thermoneutral room temperatures (20 oc and 25 0 C) on fasting and postprandial resting metabolism under different outdoor temperatures. *European Journal of Clinical Nutrition*, 44:405-413.
- Kasper, H., H. Thielt and M. Ehl. 1973. Response of bodyweight to a low carbohydrate high fat diet in normal and obese subjects. *American Journal of Clinical Nutrition*, 26:197-204.
- Kelley, D.F. 2005. Skeletal muscle fat oxidation: timing and flexibility are everything. *Journal of Clinical Investigation*, 115:1699-1702.
- Kelley, D.E., M. Mookan, and L.J. Mandarino, 1992. Intracellular defects in glucose metabolism in obese patients with NIDDM. *Diabetes*, 41:698-706.
- Kendrick, Z.V., and G.S. Ellis. 1991. Effect of estradiol on tissue glycogen metabolism and lipid availability in exercised male rats. *Journal of Applied Physiology*, 71:1694-1699.
- Kendrick, Z.V., C. Steffen, W. Rumsey, and D. Goldberg. 1987. Effect of estradiol on tissue glycogen metabolism in exercised oophorectomized rats. *Journal of Applied Physiology*, 63:192-197.
- Kennedy, C., and L. Sokoloff. 1957. An adaptation of the nitrous oxide methods to the study of the cerebral circulation of children: normal values for cerebral blood flow and cerebral metabolic rate in childhood. *Journal of Clinical Investigation*, 36:1130-1137.
- Kiess, B., B. Essen-Gustavsson, N.J. Christensen, and B. Saltin. 1993. Skeletal muscle substrate utilization during submaximal exercise in man: effect of endurance training. *Journal of Physiology*, 469:459-478.
- Kiess, B., and H. Lilhell. 1989. Lipoprotein metabolism influenced by training-induced changes in human skeletal muscle. *Journal of Clinical Investigation*, 83:558-564.
- King, D.S., G.P. Dalsky, M.-A. Staten, W.E. Clutter, DR. van Houten, and I.O. Holloszy. 1987. Insulin action and secretion in endurance-trained and untrained humans. *Journal of Applied Physiology*, 63:2247-2252.
- Kjaer, M. 1989. Epinephrine and some other hormonal responses to exercise in man: with special reference to physical training. *International Journal of Sports Medicine*, 10:2-15.
- Kjaer, M. 1995. Hepatic fuel metabolism during exercise. In: *Exercise metabolism*, ed. M. Hargreaves, 73-97. Champaign, IL: Human Kinetics.
- Kjaer, M., P.A. Farrell, N.J. Christensen, and I-I. Galbo. 1986. Increased epinephrine response and inaccurate glucoregulation in exercising athletes. *Journal of Applied Physiology*, 61: 1693- 1700.
- Kjaer, M., B. Kiess, M. Hargreaves, and E-A. Richter. 1991. Influence of active muscle mass on glucose homeostasis during exercise in humans. *Journal of Applied Physiology*, 71:552-557.
- Kjaer, M., N.H. Secher, F.W. Bach, and H. Galbo. 1987. Role of motor center activity for hormonal changes and substrate mobilization in humans. *American Journal of Physiology*, 253:R687-R695.
- Klesges, R.C., L.M. Klesges, A-M- Swenson, and A.M. Phely. 1985. A validation of two motiori sensors in the prediction of child and adult physical activity levels. *American Journal of Epidemiology*, 122:400-410.
- Knuttgen, E-I.G., and K. Emerson, Jr. 1974. Physiological responses to pregnancy at rest and during exercise. *Journal of Applied Physiology*, 36:549-553.
- Kokkino, P.F., and B.F- Hurlley- 1990. Strength training and lipoprotein-lipid profiles: A critical analysis and recommendations for further study. *Sports Medicine*, 9:266- 272.
- Koranyi, L.L., R.E. Bourey, C.A- Slentz, and J.O. 1-1011054'. 1991. Coordinate reduction of rat pancreatic islet glucokinase and proinsulin mRNA by exercise training- *Diabetes*,
- Kraemer, W.J., I.S. Volek, K.L. Clark, S.E. Gordon, Incedon, S. Puhl, N.'T'. Triplett-McBride, I-M- McBride, M, Putukian, and W.f. Sebastianelli. 1997. Physiological adaptations to a weight loss dietary regimen and exercise program in women. *Journal of Applied Physiology*, 83:270-279.
- Kremer, R.R., H. Chu, and V.D. Castracane. 2002.' Leptin and exercise. *Experimental Biology and Medicine*, 227:701-708.
- Kyle, C.R. 1989. aerodynamics of helmets and handlebars, *Cycling Science*, 1:22-25. (yle, C.R. 1991. The effect of crosswinds upon time trials. *Cycling Science*, 3:51-56. (yrolainen, H., T. Pullinen, R- Avela, P- Huttunen, and P. V. Komi. 2000. Effects of marathon running on running economy and kinematics- *European Journal of Applied Physiology*, 82:297-304-
- Lüfontan, M., L Dang-Tran, and M. Berlan. 1979. Alpha-adrenergic antilipolytic effect of adrenaline in human fat cells of the thigh: comparison with adrenaline responsiveness of different fat deposits. *European Journal of Clinical Investigation*, 9:261-266.
- Lake, M., and P. Cavanagh. 1996. Six weeks of training does not change running mechanics or improve running economy. *Medicine and Science in Sports and Exercise*, 28:860-869.
- Lamont, L.S., A-J. McCullough, and S.C. Kalhan. 1999. Comparison of leucine kinetics in endurance-trained and sedentary humans. *Journal of Applied Physiology*, 86:320-325-
- Lang, P.B. R.W. Latin, K.E. Berg, et al. 1992. The accuracy of the ACSM cycle ergometry equation. *Medicine and Science in sports and Exercise*, 24:272-276.
- LaPone, R.E. 1979. An objective measure of physical activity for epidemiologic research. *American Journal of Epidemiology*, 109:158-168.
- Latin, R.W., and K.E. Berg. 1994. The accuracy of the ACSM and a new cycle ergometry equation for young women. *Medicine and Science in Sports Exercise*, 26:642-646.
- Laville, M., C. Cornu, S. Normand, G. Mithieux, M. Beylot, and J.P. Riou. 1993. Decreased glucose-induced thermogenesis at the onset of obesity. *American Journal of Clinical Nutrition*, 57:851-856.
- Lawrence, R.D. 1926. The effect of exercise on insulin action in diabetes. *British Medical Journal*, 1:648-650.
- Lawrie, R.A. 1953. Effect of enforced exercise on myoglobin in muscle. *Nature*, 171:1069-1070.
- Lawson, S., I.D. Webster, P.I. Pacy, and J.S. Garrow. 1987. Effect of a 10-week aerobic exercise programme on metabolic rate, body composition and fitness in lean sedentary females. *British Journal of Clinical Practice*, 41:684-688.
- LeBlanc, J., P. Diamond, J. Cote, and A- Labrie. 1984a. Hormonal factors in reduced postprandial heat production of exercise- trained subjects. *Journal of Applied Physiology*, 56:772-776,
- LeBlanc, J., P. Mercier, and P. Samson. 1984b. Diet-induced thermogenesis with relation to training state in female subjects. *Canadian Journal of Physiology and Pharmacology*, 62:334-337.
- Lee, J.S., C.R. Bruce, R.J. Tunstall, D. Cameron-Smith, H. I-Jugei, and J.A. Hawley. 2002. Interaction of exercise and diet on GLUT-4 protein and gene expression in type I and type II rat skeletal muscle. *Acta Physiologica Scandinavica*, 175:37-44. Irger, L, and M. Illivierge- 1988. Heart rate monitor. validity, stability, and functionality. *Physician and Sports Medicine*, 16:143-151.
- Leibel, R. L, M. Rosenbaum, and J. Hirsch. 1995. Changes in energy expenditure resulting from altered body weight. *New England journal of Medicine*, 332:621-628-

- Leieune, T.M., P.A. Willems, and N.C. Heglund. 1998. Mechanics and energetics of human locomotion on sand. *Journal of Experimental Biology*, 201:2071-2080.
- Lemon, P., and J. Mullin. 1980. Effect of initial muscle glycogen levels on protein catabolism during exercise. *Journal of Applied Physiology*, 48:624-629.
- Lemon, P. W.R., M.A. Tarnopolsky, J.D. MacDougall, and S.A. Atkinson. 1992. Protein requirements and muscle mass/strength changes during intensive training in novice bodybuilders. *Journal of Applied Physiology*, 73:767-775.
- Lennon, De, F. Nagel, F. Stratman, E. Shrago, and S. Dennis. 1984. Diet and exercise training effects on resting metabolic rate. *International Journal of Obesity*, 9:39-47.
- Lieberman, H.R., R.I. Wurtman, G.G. Emde, and I.L. Coviella. 1987a. The effects of caffeine and aspirin on mood and performance. *Journal of Clinical Psychopharmacology*, 7:315-320.
- Lieberman, H.R., R.J. Wurtman, G.G. Emde, C. Roberts, and I.L. Coviella. 1987b. The effects of low doses of caffeine on human performance and mood. *Psychopharmacology (Berl)*, 92:308-312.
- Londeree, B.R., J. Moffitt-Gerstenberger, J.A. Padfield, and D. Lottmann. 1997. Oxygen consumption of cycle ergometry is nonlinearly related to work rate and pedal rate. *Medicine and Science in Sports and Exercise*, 29:775-780.
- Lonnqvist, F., B. Nyberg, H. Wahrenberg, and P. Arner. 1990. Catecholamine-induced lipolysis in adipose tissue of the elderly. *Journal of Clinical Investigation*, 85:1614-1621.
- Louard, R.J., E.I. Barrett, and R.A. Gelfand. 1990. Effect of infused branched-chain amino acids on muscle and whole-body amino acid metabolism in man. *Clinical Science*, 79:457-466.
- Lowell, B.B., and B.M. Spiegelman. 2000. Towards a molecular understanding of adaptive thermogenesis. *Nature*, 404:652-660.
- Luke, A., K.C. Maki, N. Barkey, R. Cooper, and D. McGee. 1997. Simultaneous monitoring of heart rate and motion to assess energy expenditure. *Medicine and Science in Sports and Exercise*, 29:144-148.
- Lusk, G. 1924. Animal calorimetry: analysis of the oxidation of mixtures of carbohydrate and fat. A correction. *Journal of Biological Chemistry*, 59:241-242.
- Lutz, P.L. 2002. The rise of "x-perinatal biology: an illustrated history. Totowa, NJ: Plenum Press.
- MacDonald, I. 1984. Differences in dietary-induced thermogenesis following the ingestion of various carbohydrates. *Annals of Nutrition and Metabolism*, 28:226-230.
- MacDougall, J.D. 1986. Morphological changes in human skeletal muscle following strength training and immobilization. In: *Human muscle power* ed- N.L. Jones, 269-288. Champaign, IL: Human Kinetics.
- MacDougall, A.L. Hicks, J.R. MacDonald, R.S. McKelvie, H.J. Green, and K.M. Smith. 1998. Muscle performance and enzymatic adaptations to sprint interval training. *Journal of Applied Physiology*, 84:2138-2142.
- MacDougall, J.D., G.R. Mard, D.C. Sale, and J-R. Sutton. 1977. Biochemical adaptation of human skeletal muscle to heavy resistance training and immobilization. *Journal of Applied Physiology*, 43:700-703.
- Macek, M., J. Vavra, and J. Novosadova. 1976. Prolonged exercise in pre-pubertal boys II: Changes in plasma volume and in some blood constituents. *European Journal of Applied Physiology*, 35:299-303.
- Mackintosh, R.M., and I. Hirsch. 2001. The effects of leptin administration in non-obese human subjects. *Obesity Research*,
- Maehlum, S., A.X. Hostmark, and L. Iermansen. 1977. Synthesis of muscle glycogen during recovery after prolonged, severe exercise in diabetic and nondiabetic subjects. *Scandinavian Journal of Clinical and Laboratory Investigation*, 37:309-316.
- Maffei, M., M. Stoffel, M. Barone, B. Moon, M. Dammerman, E. Ravussin, C. Bogardus, D.S. Ludwig, J.S. Flier, and M. Talley. 1996. Absence of mutations in the human OB gene in obese/ diabetic subjects. *Diabetes*, 45:679-682.
- Malchow-Moller, A., S. Larsen, H. I-Iey, K. H. Stokholm, E. Juhl, and F. Quaade. 1981. Ephedrine as an anorectic: the story of the "Elsinore pill." *International Journal of Obesity*, 5:183-187.
- Margaret-Mary, G.W., and I.E. Morley. 2003. Physiology of aging invited review: aging and energy balance. *Journal of Applied Physiology*, 95:1728-1736.
- Margaria, R., P. Cerretelli, P. Aghemo, and G. Sassi. 1963. Energy cost of running. *Journal of Applied Physiology*, 18:367-370.
- Margaria, R., H.T. Edward, and O.B. Dill. 1933. The possible mechanisms of contracting and paying the oxygen debt and the role of lactic acid in muscular contraction. *American Journal of Physiology*, 106:689-715.
- Marker, J.C., I.B. Hirsch, L.I. Smith, C.A. Parvin, I.O. Holloszy, and P.E. Cryer. 1991. Catecholamines in prevention of hyperglycemia during exercise in humans. *American Journal of Physiology*, 260:E705-E712.
- Marliss, E.B., S.H. Kreisman, A. Manzon, J.B. Halter, M. Vranic, and S.I. Nessim. 2000. Gender differences in gluco-regulatory responses to intense exercise. *Journal of Applied Physiology*, 88:457-466.
- Martin, I.K., A. Katz, and I. Wahten. 1995. Splanchnic and muscle metabolism during exercise in NIDDM patients. *American Journal of Physiology*, 269:E583-E590.
- Martin, P.E., and D.W. Morgan. 1992. Biomechanical considerations for economical walking and running. *Medicine and Science in Sports and Exercise*, 24:467-474.
- Martinez, L.R., and E.M. Haymes. 1992. Substrate utilization during treadmill running in pre-pubertal girls and women. *Medicine and Science in Sports and Exercise*, 24:975-983.
- Matute, M.L., and R. Kalkhoff. 1973. Sex steroid influence on hepatic gluconeogenesis and glycogen formation. *Endocrinology*, 92:762-768.
- McArdle, W.D., E.I. Katch, and V.L. Katch. 2001. *Exercise physiology: energy, nutrition, and human performance*. 5th ed. Baltimore: Lippincott Williams & Wilkins.
- McArdle, W.D., E.I. Katch, and V.L. Katch. 2005. *Sports and exercise nutrition*. 2nd ed, Baltimore: Lippincott Williams & Wilkins.
- McCartney, L.L., Spriet, C.I.F. Heigenhauser, J.M. Kowalchuk, J.R. Sutton, and N.L. Jones. 1986. Muscle power and metabolism in maximal intermittent exercise. *Journal of Applied Physiology*, 60:1164-1169.
- NfcCormaclx*, J., and R. Denton. 1991. Signal transduction by intra-mitochondrial calcium in mammalian energy metabolism. *News in Physiological Sciences*, 9:71-76.
- McGarry, J.D., and N.E. Brown. 1997. The mitochondrial carnitine palmitoyltransferase system from concept to molecule analysis. *European Journal of Biochemistry*,
- McKenzie, S., S.M. Phillips, S.L. Carter, S. Lowther, M.I. Gibala, and M.A. Tarnopolsky. 2000. Endurance exercise training attenuates leucine oxidation and BCOAD activation during exercise in humans. *American Journal of Physiology*, 278: E580-587.
- Melanson, E.L., T.A. Sharp, H.M. Seagle, W.T. Donahoo, G.K. Grunwald, J.C. Peters, L.T. Hamilton, and I.O. I-Iill. 2002. Resistance and aerobic exercise have similar effects on 24-h nutrient oxidation. *Medicine and Science in Sports and Exercise*, 34:1793-1800.
- Melby, C.T. Scholl, G. Edwards, and R. Bullough. 1993. Effect of acute resistance exercise on postexercise energy expenditure and resting metabolic

- rate. *Journal of Applied Physiology*, 75:1847-1853.
- Menier, DR, and LG.C.E. Pugh. 1968. relation of oxygen intake and velocity of walking and running in competition walkers. *Journal of Physiology* 197:717-721.
- Merrill, A.L., and B.K. Watt- 1973. Energy value of foods: basis and derivation. Agriculture Handbook No. 74. Washington, DC: U.S. Department of Agriculture. www.nal.usda.gov/fnic/foodcomp/Data/Classics/ah74.pdf
- Mikines, K.J., B. Sonne, PA. Farrell, B. Tronier, and H. Galbo. 1988 Effect of physical exercise on sensitivity and responsiveness to insulin in humans. *American Journal of Physiology*, 254: E248-E259.
- Mikines, K.J., B. Sonnet P.A. Farrell, B. Tronier, and H. Galbo. 1989a. Effect of training on the dose-response relationship for insulin action in men. *Journal of Applied Physiology*, 66:695-703.
- Mikines, K.J., B. Sonne, PA Farrell, B. Tronier, and H. Galbo. 1989b. Effects of training and detraining on dose-response relationship between glucose and insulin secretion. *American Journal of Physiology*, 256:E588-E596.
- Miller, D.J., P.S. Freedson, and CM. Kline. 1994. Comparison of activity levels using the Caltrac accelerometer and five questionnaires. *Medicine and Science in Sports and Exercise*, 26:376-382.
- Miller, I.F., and B.A. Stamford. 1987. Intensity and energy cost of weighted walking vs. running for men and women. *Journal of Applied Physiology*, 62:1497-1501.
- Miller, W.C., D.M. Kocaja, and E-J. Hamilton- 113971 A meta- analysis of the past 25 years of weight loss research using diet, exercise or diet plus exercise intervention. *International Journal of Obesity Related Metabolic Disorders*, 21:941- 947.
- Millet, L, H. Vidal, F. Andreelli, D. Larrouy, J.P. Riou; D. Ricquier, M. Laville, and D. Langin. 1997. Increased uncoupling protein-2 and -3 mRNA expression during fasting in obese and lean humans, *Journal of Clinical Investigation*, 100:2665-2670.
- Montoye, H.J., H.C.G. Kemper, W.f I.M. Saris, and Washburn. 1996. Movement assessment device. In: *Measuring physical activity and energy expenditure*, 72-96. Champaign, IL: Human Kinetics.
- Montoye, H.J., R, Washburn, S. Servais, A. Ertl, J.C.. Webster. and El. Nagle. 1983. Estimation of energy expenditure by a portable accelerometer, *Medicine and Science in Sports and Exercise*, 15:403-407.
- Morgan, D.W., P.E. Martin, F.D. Baldini, and G.S. Krahenbuhl 1990. Effects of a prolonged maximal run on running economy and running mechanics. *Medicine and Science in Sports and Exercise*, 22:834-840.
- Morse, twl., F.W. Schlutz and E. Cassels. 1949. Relation of age to physiological response of the older boy (10-17 years) to exercise. *Journal of Applied Physiology*, 1:638-709.
- Mudambo, K.S.M.T., C. Mc Scrimgeour, and M.J. Rennie. 1997. Adequacy of food rations in soldiers during exercise in hot, day- timer conditions assessed by doubly labeled water and energy balance methods. *European Journal of Applied Physiology*, 76:346-351
- Nagle, F.J., B. Balke, G. Baptista, J. Alleyia, and E. Howley. 1971. Compatibility of progressive treadmill, bicycle, and step tests based on oxygen uptake responses. *Medicine and Science in Sports*, 3:119-154.
- Nagle, F.J., B. Balke, and J.P. Naughton. 1965. Gradational step tests for assessing work capacity. *Journal of Applied Physiology*, 20:745-748.
- Nagy, T.R., M.I. Goran, R.L. Weinsier, M.J. Toth, Y. Schutz, and ET. Poehlman. 1996. Determinations of basal fat oxidation in healthy Caucasians. *Journal of Applied Physiology*, 80: 1743- 1748.
- Nair, K.S., D.E. Matthews, S.L. Welle, and T. Brairnan. 1992. Effect of leucine on amino acid and glucose metabolism in humans. *Metabolism*, 41:643-648.
- National Institutes of Health, National Heart, Lung, and Blood Institute. 1998. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: the evidence report. *Obesity Research*, 6
- Nelson, K., R. Weinsier, L James, B. Darnell, G. Hunter, and C.I., Long. 1992. Effect of weight reduction on resting energy expenditure, substrate utilization, and the thermic effect of food in moderately obese women. *American Journal of Clinical Nutrition*, 55:924-933.
- Nichol, C., P.V. Komi, and P. tvalconnet, 1991. Effects of marathon fatigue on running kinematics and economy. *Scandinavian Journal of Medical Science in Sports*, 1:195-201.
- Nieman, D.C. 1999. Exercise testing and prescription: a health- related approach. 4th ed. Mountain View, CA: Mayfield.
- Ohtake, P.I., and LA. Wolfe 1998. Physical conditioning attenuates respiratory responses to exercise in late gestation. *Medicine and Science in Sports and Exercise*, 30:17-27.
- Olds, T.S., and P.J. Abernethy. 1993. Post-exercise oxygen consumption following heavy and light resistance exercise. *Journal of Strength and Conditioning Research*, 7:147-152.
- Overend, Del-I. Peterson, and D.A. Cunningham. 1992. The effect of interval and continuous training on the aerobic parameters. *Canadian Journal of Applied Sports Science*, 17:129-134.
- Palmer, G.S., T.D. Noakes, and J.A. llawley. 1999. Metabolic and performance responses to constant load vs. variable intensity exercise. *Journal of Applied Physiology*, 87:1186- 1196.
- Papa, S. 1996. Mitochondrial oxidative phosphorylation changes in the life span: molecular aspects and pathophysiological implications. *Biochimica Biophysica Acta*, 1276:87- 105.
- Pasman, W.f., M.S. Westertep-Plantenga, and W.H. Saris. 1998. The effect of exercise training on leptin levels in obese males. *American Journal of Physiology*, 274:E280-E286.
- Pasquali, R., M.P. Cesari, Besteghi, N. Melchionda, and V. Baiestra. 1987a. %ermogenic agents in the treatment of human obesity: preliminary results. *International Journal of Obesity*, 11 (Suppl
- Pasquali, R. , M,P. Cesari, N. Melchionda, C. Stefanini, A. Raitano, and G. Labo. 1987b. Does ephedrine promote weight loss in low-energy-adapted obese women? *International Journal of Obesity*, 11:163-168.
- Pattengale, P.K., and I.O. Holloszy. 1967. Augmentation of skeletal muscle myoglobin by a program of treadmill running. *American Journal of Physiology*, 213:783-787.
- Paul, G.L. 1989. Dietary protein requirements of physically active individuals. *Sports Medicine*, 8:154-176. Payne, P.R., E.F. Wheeler, and C.B. Salvosa. 1971. Prediction of daily energy expenditure from average pulse rate. *American Journal of Clinical Nutrition*, 24:1164-1170.
- Pelleymounter, M.A., M.I- Cullen, M.B. Baker, R. Hecht, D. Winters, T. Boone, and F. Collins. 1995. Effects of the obese gene production on body weight regulation in ob/ob mice *Science*, 269:1540-543.
- Pencek, R.R., F.D. James, D.B. Lacy, K. Jabbour, P.E. Williams, P.T. Fueger, and D.I-I. Wasserman. 2003. Interaction of insulin and prior exercise in control of hepatic metabolism of a glucose load. *Diabetes*, 52:1897-1903.
- Penetar, D., McCann, D. Thorne, G. Kamimori, C. Galinski, H. Sing, M. Thomas, and G. Belenky. 1993. Caffeine reversal of sleep deprivation effects on alertness and mood.

- Psychopharmacology (Bcl) 112:359-365. Pereira, M.A., S.J. FitzGerald, E.W. Gregg, M.L. Joswiak, W.J. Ryan, R.R. Suminski A-C. utter, and J.M. Zmuda. 1997. A collection of physical activity questionnaires for health-related research. In: *Medicine and science in sports and exercise*, ed. A.M. Kriska and C.I. Caspensen, (Suppl) 29:SI-S204.
- Peterson, M.R., M. Rothschild, C.R. Weinberg, R.D. Fell, K.R. McLeish, and M.A. Pfeiffer. 1986. Body fat and the activity of autonomic nervous system. *New England Journal of Medicine*, 318:1077-1083.
- Phillips, S.M., S.A. Atkinson, M.A. Tarnopolsky, and J.D. MacDougall. 1993. Gender differences in leucine kinetics and nitrogen balance in endurance athletes. *Journal of Applied Physiology*, 75:2134-2141.
- Phillips, S.M., H.J. Green, M.A. Tarnopolsky, and S-M. Grant. 1995. Decreased glucose turnover following short-term training is unaccompanied by changes in muscle oxidative potential. *American Journal of Physiology*, 269:E222-E230.
- Phillips, W.T., and I-R. Ziaraitis. 2003. Energy cost of the ACSM single-set resistance training protocol. *Journal of Strength and Conditioning Research*, 17:350-355.
- Piers, L.S., M.J. Soares, T. Makran, and P.S. Shetty. 1992. Thermic effect of a meal. I. Methodology and variations in normal young adults. *British Journal of Nutrition*, 67:165-175.
- Poehlman, E.T., and C. Melby. 1998. Resistance training and energy balance. *International Journal of Sports Nutrition*, 8:143-159.
- Poehlman, E.T., C.I. Melby, and S.F. Badylak. 1988. Resting metabolic rate and postprandial thermogenesis in highly trained and untrained males. *American Journal of Clinical Nutrition*, 47:793-798.
- Poehlman, E.T., C.I. Melby, S.E. Badylak, and J. Calles. 1989. Aerobic fitness and resting energy expenditure in young adult males. *Metabolism*, 38:85-90.
- Poehlman, E.T., A. Tremblay, A. Nadeau, J. Dussault, G. Theriault, and C. Bouchard. 1986. Heredity and changes in hormones and metabolic rates with short term training. *American Journal of Physiology*, 260:E711-717.
- Pollock, M.L., H.S. Miller, A.C. Linnerud, and K.H. Cooper. 1975. Frequency of training as a determinant for improvement in cardiovascular function and body composition of middle-aged men. *Archives of Physical Medicine and Rehabilitation*, 56:141-145.
- Poole, D.C., and R.S. Richardson. 1997. Determinants of oxygen uptake. *Sports Medicine*, 24:308-320.
- Poole, D.C., W. Schaffartzik, D.R. Knight, T. Derion, B. Kennedy, H.J. Guy, R. Prediletto, and P.D. Wagner. 1991. Contribution of exercising legs to the slow component of oxygen uptake in humans. *Journal of Applied Physiology*, 71 : 1245-1260.
- Poole, D.C., S.A. Ward, and B.J. Whipp. 1990. The effects of training on the metabolic and respiratory profile of high-intensity cycle ergometer exercise. *European Journal of Applied Physiology*, 59:421-429.
- Powers, S.R., and E.T. Howley. 2007. *Exercise physiology: theory and application to fitness and performance*. 6th ed. New York: McGraw-Hill.
- Powers, S.K., and E.T. Howley. 2001. Nutrition; body composition, and performance. In: *Exercise physiology: theory and application to fitness and performance*. 4th ed., 437-456. New York: McGraw-Hill.
- Pratley, R., B. Nicholas, M. Rubin, J. Miller, A. Smith, M. Smith, B. Hurley, and A. Goldberg. 1994. Strength increases resting metabolic rate and norepinephrine levels in healthy 50- to 65-year old men. *Journal of Applied Physiology*, 76:133- 137.
- Pugh, L.G. 1970. Oxygen uptake in track and treadmill running with observations on the air resistance. *Journal of Physiology*, 207:823-835.
- Pullinen, T., A. Mero, E. MacDonald, A. rakarinen, and P.V. Komi. 1998. Plasma catecholamine and serum testosterone responses to four units of resistance exercise in young and adult male athletes. *European Journal of Applied Physiology*, 77:413-420.
- Raguso, C.A., A.R. Coggan, L.S. Sidossis, A. Gastaldelli, and R.R. Wolfe. 1996. Effect of theophylline on substrate metabolism during exercise. *Metabolism*, 45:1153- 1160.
- Rakowski, and V. Mor. 1992. The association of physical activity with mortality among older adults in the longitudinal study of aging (1984-1988). *Journal of Gerontology*, 47: M122-129.
- Randle, P.J., P.B. Garland, C.N. Hales, and E.A. Newsholme. 1963. The glucose-fatty acid cycle: Its role in insulin sensitivity and metabolic disturbances of diabetes mellitus. *Lancet*, 1:785- 789.
- Randle, P.J., E.A. Newsholme and P.B. Garland. 1964. Effects of fatty acids, ketone bodies, and pyruvate and of alloxan-diabetes and starvation on the uptake and metabolic fate of glucose in rat heart and diaphragm muscle. *Biochemical Journal*, 93:652-665.
- Ravussin, E., K.J. Acheson, O. Vernet, E. Danforth, and E. Jequier. 1985. Evidence that insulin resistance is responsible for the decreased thermic effect of glucose in human obesity. *Journal of Clinical Investigation*, 76:1268-1273.
- Ravussin, E., C. Bogardus, R. Schwartz, D.C. Robbins, R-R- Wolfe, E.S. Horton, E. Danforth, Jr., and E.A. Sims. 1983. Thermic effect of infused glucose and insulin in man: decreased response with increased insulin resistant diabetes mellitus. *Journal of Clinical Investigation*, 72:893-902.
- Ravussin, E., S. Lillioja, W.C. Knowler, L. Christin, D. Freymond, W. Abbott, V. Boyce, B.V. Howard, and C. Bogardus. 1988. Reduced rate of energy expenditure as a risk factor for body weight gain. *New England Journal of Medicine*, 318:467-472.
- Ravussin, E., and R- Rising. 1992. Daily energy expenditure in humans: measurement in a respiratory chamber and by doubly labeled water. In: *Energy metabolism: tissue determinants and cellular corollaries*, ed. J.M- Kinney and H.N. Tucker, 81-96. New York: Raven Press.
- Reaven, G., and R. Miller. 1968. Study of the relationship between glucose and insulin responses to an oral glucose load in man. *Diabetes*, 17:560-569.
- Reichard, G.A., B. Issekutz, Jr., P. Kimbel, R.C. Putnam, N.J. Hochella, and S. Weinhouse. 1961. Blood glucose metabolism in man during muscular work. *Journal of Applied Physiology*, 1 G: 1001-1005.
- Ren, J.M., C.F. Semenkovich, EA Gulvg J. Gao, and J.O. Holloszy. 1994. Exercise induces rapid increases in GIMC4 expression, glucose transport capacity, and insulin II-stimulated glycogen storage in muscle. *Journal of Biological Chemistry*, 269:14396-14401.
- Rennie, K., T. Rowsell, S.A. Lebb, D. Holburn, and N.J. Wareham. 2000. A combined heart rate and movement sensor: proof of concept and preliminary testing study. *European Journal of Clinical Nutrition*, 54:409-414.
- Richelsen, B., S.B. Pedersen, T. Moller-Pedersen and J.F. Bak. 1991. Regional differences in triglyceride breakdown in human adipose tissue: effects of insulin, and prostaglandin E2. *Metabolism*, 40:990-996.
- Richter, E.A. 1996. Glucose utilization. In: *Handbook of physiology*, ed. L.B. Rowell and J.T. Shepherd, 912-951. New York: Oxford University Press.
- Richter, E.A., and H. Galbo. 1986. High glycogen levels enhance glycogen breakdown in isolated contracting skeletal muscle. *Journal of Applied Physiology*, 61:827-831.
- Richter, E.A., H. Galbo, and N.J. Christensen- Control of exercise-induced muscular glycogenolysis by adrenal medullary hormones in rats. *Journal of Applied Physiology*, 50:21-26.
- Richter, E.A., L.P. Garetto, M. Goodman, and N.B. Ruderman. 1982. Muscle glucose metabolism following exercise in the rat: Increase sensitivity to insulin. *Journal of Clinical Investigation*, 69:785-793.
- Richter, E.A., L.P. Garetto, M. Goodman, and N.B. Ruderman. 1984. Enhanced glucose metabolism after exercise: modulation by local factors. *American Journal of Physiology*, 246:E476- 82.

- Richter, E.A., K.J. Mikines, H. Galbo, and B. Kiens. 1989. Effect of exercise on insulin action in human skeletal muscle. *Journal of Applied Physiology*, 66:876-885.
- Richter, E.A., T. Ploug, and I-I, Galbo. 1985. Increased muscle glucose uptake after exercise: No need for insulin during exercise. *Diabetes*, 34: 1041-1048.
- Rico-Sanz, J., T. Rankinen, D.R- Joannise, AS. Leon, J.S- Skinner, J.I-I. Wilmore, D.C. and C. Bouchard. 2003. Familial resemblance for muscle phenotypes in Heritage Family Study. *Medicine and Science in Sports and Exercise*, 35:1360-1366.
- Riumallo, L.A., D. Schoeller, G. Barrera, V. Gattas, and R. Vauy. 1989. Energy expenditure in underweight free-living adults: impact of energy supplementation as determined by doubly labeled water and indirect calorimetry. *American Journal of Clinical Nutrition*, 49:239-246.
- Roberts, S.B., P. Fuss, G.E. Dallal, A. Atkinson, W.J. Evans, L. Joseph, M.A. Fiatarone, A.S. Greenberg, and V.R. Young. 1996. Effect of age on energy expenditure and substrate oxidation during experimental overfeeding in healthy men. *Journal of Gerontology*, 51:B1e18-157.
- Robinson, S. 1938. Experimental studies of physical fitness in relation to age. *Arbeitsphysiologie*, 10:251-323.
- Roch-Norlund, A-E. 1972. Muscle glycogen and glycogen synthase in diabetic man. *Scandinavian Journal of Clinical and Laboratory Investigation*, 125:1-27.
- Romijn, J.A., E.F. Coyle, L.S. Sidossis, A. Gastaldelli, J.E Horowitz, E. Endert, and R.R. Wolfe. 1993. Regulation of endogenous fat and carbohydrate metabolism in relation to exercise intensity and duration. *American Journal of Physiology*, 265: E380-391.
- Romiin, I.A, E.F. Coyle, L.S. Sidossis, J. Rosenblatt, and R.R. Wolfe, 2000. Substrate metabolism during different exercise intensities in endurance-trained women. *Journal of Applied Physiology*, 88:1707-1714,
- Rooney, T.P., ZV. Kendrick, J. Carlson, G.S. Ellis, B. Matakovich, S.M. Lorusso, and J.A. McCall. 1993. Effect of estradiol on the temporal pattern of exercise-induced tissue glycogen depletion in male rats. *Journal of Applied Physiology*, 75:1502-1506.
- Rooyackers, O.E., D.B. Adey, P.A. Ades, and K.S. Nair. 1996. Effect of age on in vivo rates of mitochondrial protein synthesis in human skeletal muscle. *Proceedings of the National Academy of Science, USA*, 93:15364-15369.
- Rooyackers, O.E., and K.S. Nair. 1997. Hormonal regulation of human muscle protein metabolism. *Annual Review of Nutrition*, 17:457-485.
- Ross, R., D. Dagnone, P.J. Jones et al. 2000. Reduction in obesity and related comorbid conditions after diet-induced weight loss or exercise-induced weight loss in men: a randomized, controlled trial. *Annual Internal Medicine*, 133:92-103.
- Ross, R., and I. Janssen, 2001. Physical activity, total and regional obesity: dose-response considerations. *Medicine and Science in Sports and Exercise*, 6 (Suppl):S521-S527.
- Rothwell, N.J., and M.I. Stock. 1980. Similarities between cold- and diet-induced thermogenesis in the rat. *Canadian Journal of Physiology and Pharmacology*, 58:812-848.
- Rothwell, N.J., and M.I. Stock. 1983. Diet-induced thermogenesis. *Advances in Nutritional Research*, 5:201-220.
- Rowell, L.B., E.J. Masoro, and M.I. Spencer. 1965. Splanchnic metabolism in exercising man. *Journal of Applied Physiology* 20:1032-1037.
- Rowland, F.W., J.A. Auchinachie, T.J. Keenan, and G.M. Green. 1987. Physiological responses to treadmill running in adult and pre-pubertal males. *International Journal of Sports Medicine*, 8:292-297.
- Rowland, T.W., and T.A. Rimany. 1995. Physiological responses to prolonged exercise in pre-menarcheal and adult females. *Pediatric Exercise Science*, 7:183-191.
- Rowlands, A.V., R.G. Fston, and D.K. Ingledew. 1997. Measurement of physical activity in children with particular reference to the use of heart rate and pedometry. *Sports Medicine*, 258-272.
- Ruby, B.C., R.A. Robergs, D.L. Waters, M. Burge, C. Mermier, and L. Stolarczyk. 1997. Effects of estradiol on substrate turnover during exercise in amenorrheic females. *Medicine and Science in Sports and Exercise*, 29:1160-1169.
- Rudderman, N.B., A.K. Saha, D. Vavvas, and L.A. Witters. 1999. Malonyl-CoA. fuel sensing, and insulin resistance. *American Journal of Physiology* 276:El-El 8.
- Ryan, A.S., R.E. Pratley, D. Elahi, and A.P. Goldberg. 1995. Resistance training increases fat free mass and maintains RMR despite weight loss in postmenopausal women. *Journal of Applied Physiology*, 79:818-823.
- Sady, S. 1981. Transient oxygen uptake and heart rate responses at the onset of relative endurance exercise in pre-pubertal boys and adult men. *International Journal of Sports Medicine*, 2:240-244.
- Sahlin, B., A. Katz, and S_ Broberg 1990. Tricarboxylic acid cycle intermediates in human muscle during prolonged exercise. *American Journal Of Physiology*, 259:C834-C641.
- Sahlin, K. 1992. Metabolic factors in fatigue. *Sports Medicine*, 13:99-107.
- Sahlin, K., M. Tonkonogi, and K. Söderlund- 1998. Energy supply and muscle fatigue in humans. *Acta Physiologica Scandinavica*, 162:261-266.
- Saibene, E, and A.E. Minetti- 2003. Biomechanical and physiological aspects of legged locomotion in humans. *European Journal of Applied Physiology*, 88:297-316-
- Sallis, J.F., M.J. Buono, and P.S. Freedson. 1991. Bias in estimating caloric expenditure from physical activity in children: implications for epidemiological studies. *Sports Medicine*, 11:203-209.
- Sallis, J.E, M.J. Buono, J.J- Roby, D. Carlson, and L.A. Nelson. 1990. The Caltrac accelerometer a physical activity monitor for school-age children. *Medicine and Science in Sports and Exercisc*, 22:698-703.
- Sallis, I.F., and B.E Saelens. 2000. Assessment of physical activity by self-report: status, limitations, and future directions. *Research Quarterly for Exercise and Sport*, 71:1-14.
- Saltin, B., and P.O. Åstrand. 1993. Free fatty acids and exercise. *American Journal of Clinical Nutrition*, 57
- S758. Saltin, B., M. Flouston, E. Nygaard, T. Grahamr and J. Wahren. 1979. Muscle fiber characteristics in healthy men and patients with juvenile diabetes. *Diabetes*, 28 (Suppl 99
- Seidell, J.C., D.C. Muller, J.D. Sorkin, and R. Andres. 1992. Fasting respiratory exchange ratio and resting metabolic rate as predictors of weight gain: the Baltimore Longitudinal Study on Aging. *International Journal of Obesity Related Metabolic Disorders*, 16:667-674.
- Semih, S.Y., and T. Feluni. 1998, A comparison of the endurance training responses to road and sand running in high school and college students. *Journal of Strength and Conditioning Research*, 12:79-83.
- Shaw, S.M. 1985. Gender and leisure: inequality in the distribution of leisure time. *Journal of Leisure Research*, 17:266-282.
- Shephard, R.J. 2000, Exercise and training in women. Part II: Influence of menstrual cycle and pregnancy on exercise responses. *Canadian Journal of Applied Physiology*, 25:35- 54.
- Shephard, R.J. 2003. Limits to the measurement of habitual physical activity by questionnaires. *British Journal of Sports Medicine*, 37:197-206-
- Sherman, W.M., D.L Costill, W.J. Fink, and J.M. Miller. 1981. Effect of exercise-diet manipulation on muscle glycogen and its subsequent utilization during performance *International Journal of Sports Medicine*, 2:114-118.
- Sherman, W.M., D.M. Morris, T.E. Kirby, R.A. Petosa, B.A. Smith, and D.J. Frid. 1998. Evaluation of a commercial accelerometer (Tritrac-R3D) to

- measure energy expenditure during ambulation. *International Journal of Sports Medicine*, 19:43-47.
- Shier, D., B. Jackie, and R. Lewis. 1999. Chemical basis of life. In: *Human anatomy and physiology*, 36-58. New York: WCB/ McGraw-Hill.
- Short, K.R., and D.A. Sedlock. 1997. Excess postexercise oxygen consumption and recovery rate in trained and untrained subjects. *Journal of Applied Physiology*, 83:153-159.
- Sial, A.R. Coggan R.C. Hickner, and S. Klein. 1998. Training-induced alterations in fat and carbohydrate metabolism during exercise in elderly subjects. *American Journal of Physiology*, 274:E785-E790.
- Simoneau, J.-A., D.E. Kelley, M. Neverova, and C.H. Warden. 1998. Over-expression of titin uncoupling protein-2 content in human obesity associated with reduced skeletal muscle lipid oxidation. *EASED Journal*, 12:1739-1745.
- Sinhar M.K., J.P. Ohannesian, M.I. I-leiman, A. Kriauciunas, T.W. Stephens, S. Magosin, C. Marco, and J.F. Caro. 1996. Nocturnal rise of leptin in lean, obese, and non-insulin-dependent diabetes mellitus subjects. *Journal of Clinical Investigation*, 97:1344-1347.
- Sirard, J.R., and R.R. Pate. 2001. Physical activity assessment in children and adolescents. *Sports Adedicine*, 31:3139-454.
- Sivan, E., X. Chen, Cf. Hornko, E.A. Reece, and G. Boden. 1997. Longitudinal study of carbohydrate metabolism in healthy obese pregnant women. *Diabetes Care*, 20:1470-1475.
- Skinner, J.S., and T.H. McLellan. 1980. The transition: from aerobic to anaerobic metabolism. *Research Quarterly for Exercise and Sport*, 51:234-248.
- Smith, K., and M.J. Rennie. 1990. Protein turnover and amino acid metabolism in human skeletal muscle. *Clinical Endocrinology and Metabolism*, 4:461-498.
- Smolander, J., V. Louhevaara, T. Hakola, E. Ahonen, and T. Klen. 1989. Cardiorespiratory strain during walking in snow with boots of differing weights. *Ergonomics*, 32:3-13.
- Smolin, L.A., and M.B. Grosvenor. 2003. *Nutrition: science and application*. 4th ed., 176-214. Hoboken, NJ: Wiley.
- Snitker, S., I. Macdonald, E. Ravussin, and A. Astrup. 2000. "The sympathetic nervous system and obesity: role in aetiology and treatment. *Obesity Reviews*, 1:5-15.
- Sonne, B., K.J. Millines, E.A. Richter, N.J. Christensen, and H. Galbo. 1985. Role of liver nerves and adrenal medulla in glucose turnover of running rats. *Journal of Applied Physiology*, 59:1640-1646.
- Spraul, M., E. Ravussin, A.M. Fontvieille, R. Rising, D.E. Larson, and E.A. Anderson. 1993. Reduced sympathetic nervous activity. A potential mechanism predisposing to body weight gain. *Journal of Clinical Investigation*, 92:1730-1735.
- Spurr, G.B., A.M. Prentice, P.R. Murgatroyd, C.R. Goldberg, J.C. Reina, and N.T. Christman. 1988. Energy expenditure from minute-by-minute heart rate recording: comparison with indirect calorimetry. *American Journal of Clinical Nutrition*, 48:552-559.
- Standl, E. t N. Loti, T. Dexel, 1-1-11. Janka, and J.H. Kolb. 1980. Muscle triglycerides in diabetic subjects. *Diabetologia*, 18:463-470.
- Stanley, W., and R. Connett. 1991. Regulation of muscle carbohydrate metabolism during exercise. *FASEB Journal*, 5:2155-2159.
- Starritt, E.C., R.A. Howlett, G.J. Heigenhauser, and L.L. Spriet. 2000. Sensitivity of CFI-1 to malonyl-CoA in trained and untrained human skeletal muscle. *American Journal of Physiology*, 278: E462-E468.
- Stensrud, T., E. Ingjir, H. Holm, and S.B. Stromme. 1992. L-tryptophan supplementation does not improve endurance performance. *International Journal of Sports Medicine*, 13:297-305.
- Stuart, J.A., and J.A. Stuart. 1974. Thermic effects of ethanol in the rat and man. *Annals of Nutrition and Metabolism*, 17:297-305.
- Strath, S.T., D.R. Bassett, Jr, A.M. Swartz, and D.L. Thompson. 2001a. Simultaneous heart rate-motion sensor technique to estimate energy expenditure. *Medicine and Science in Sports and Exercise*, 33:2118-2123.
- Strath, S.J., D.R. Bassett, Jr., D.L. Thompson, and A.M. Swartz. 2001b. Validity of the simultaneous heart rate-motion sensor technique for measuring energy expenditure. *Medicine and Science in Sports and Exercise*, 34:888-894.
- Strath, S.J., A.M. Swartz, D.R. Bassett, W.L. O'Brien, G.A. King, and B.E. Ainsworth. 2000. Evaluation of heart rate as a method for assessing moderate intensity physical activity. *Medicine and Science in Sports and Exercise*, 32.
- Stroud, M.A., P. Ritz, W.A. Coward, M.B. Sawyer, D. Constantin-Teodosiu, P.L. Greenhaff, and I.A. Macdonald. 1997. Energy expenditure using isotope-labeled water (2H 18O), exercise performance, skeletal muscle enzyme activities and plasma biochemical parameters in humans during 95 days of endurance exercise with inadequate energy intake. *European Journal of Applied Physiology*, 76:243-252.
- Saltin, B., K. Nazar, DL Costill, E. Stein, E. Jansson, B. Essén, and P.D. Gollnick. 1976. The nature of the training response: peripheral and central adaptation to one-legged exercise. *Acta Physiologica Scandinavica*, 96:289-305.
- Saris, W.H.M. 1993. The role of exercise in the dietary treatment of obesity. *International Journal of Obesity*, 17 (Suppl 1): S1 7821.
- Saris, W.H.M., and R.A. Binkhorst. 1977. The use of pedometer and actometer in studying daily physical activity in man. Part I: Reliability of pedometer and actometer. *European Journal of Applied Physiology*, 37:219-228.
- Sawka, M.N. 1986. Physiology of upper body exercise. *Exercise and Sport Sciences Reviews*, VI: 175-211.
- Scalfi, L, A. Coltrli, E. D'Arrigo, V. Carandente, C. Mazzacano, M. DiPalo, and F. Contaldo. 1987. effect of dietary fibers on postprandial thermogenesis. *International Journal of Obesity*, 11(Suppl 2): 115-121.
- Schoeller, D.A., L.K. Cella, M.K. Sinha, and J.F. Caro. 1997. Entrainment of the diurnal rhythm of plasma leptin to meal timing. *Journal of Clinical Investigation*, 100:1882-1887.
- Schoeller, D.A., and E. van Santen. 1982. Measurement of energy expenditure in human by doubly labeled water method. *Journal of Applied Physiology*, 53:955-959.
- Schrauwen, P., El. Troost, J. Xia, E. Ravussin, and W.H.M. Saris. 1999. Skeletal muscle LIP2 and LIP3 expression in trained and untrained male subjects. *International Journal of Obesity*, 23:966-972.
- Schuenke, M.D., R.P. Mikat, and J.M. McBride. 2002. Effect of an acute period of resistance exercise on excess post-exercise oxygen consumption: implication for body mass management. *European Journal of Applied Physiology*, 86:411-417.
- Schutz, Y., T. Bessard, and E. Jequier. 1987. Exercise and postprandial-thermogenesis in obese women before and after weight loss. *American Journal of Clinical Nutrition*, 45:1424-1432.
- Schwartz, R., I. Halter, and E. Bierman. 1983. Reduced thermic effect of feeding in obesity: role of norepinephrine. *Metabolism*, 32:114-117.
- Seagle, I.-I., D.H. Bessesen, and J.O. Hill. 1998. Effects of sibutramine on resting metabolic rate and weight loss in overweight women. *Obesity Research*, 6:115-121.
- Seals, D.R., J.M. Hagberg, W.K. Allen, B.F. I-lurley, G.P. Dalsky, A.A. Ehsani, and I.O. Holloszy. 1984. Glucose tolerance in young and older athletes and sedentary men. *Journal of Applied Physiology*, 56:1521-1525.
- Segal, K.R., and B. Gutin. 1983a. Exercise efficiency in lean and obese women. *Medicine and Science in Sports and Exercise*, 15:106-107.
- Segal, K.R., and B. Gutin. 1983b. Thermic effects of food and exercise in lean and obese women. *Metabolism*, 32:531-589.
- Segal, K.R., A. Jeanine, A. Chun, A. Edano, B. Legaspi, and EX. Pi-Sutyer. 1992. Independent effects of obesity and insulin resistance on postprandial

- thermogenesis in men. *Journal of Clinical Investigation*, 68:133-141.
- Segal, R.S., F. Presta, and I.S. Gutin. 1987. 'Thermic effect of food during graded exercise in normal weight and obese men. *American journal of Clinical Nutrition*, Stryer, 1988. *Biochemistry*, 3rd ed. New York: Freeman.
- Stunkard, A.J., and D. Kaplan. 1977. Eating in public places: a review of reports of the direct observation of eating behavior. *International Journal of Obesity*, 1:89-101-
- Stunkard, A.J., and M. Waxman. 1981. Accuracy of self-reports of food intake. *Journal of the American Dietetic Association*, 79:547-551. Swain, D.P. 2000. Energy cost calculation for exercise prescription. *Sports Medicine*, 30:17-22. Swain, D.P., and B.C. Leutholtz. 1997. Heart rate reserve is equivalent to $0/0V_{O2}$ reserve, not to $\%V_{O2max}$. *Medicine and Science in Sports and Exercise*, 29:410-414.
- Swain, D.P., B.C. Leutholtz, M.E. King, L.A. Haas, and J.D. Branch. 1998. Relationship between $\%$ heart rate reserve and $\% V_{O2}$ reserve in treadmill exercise- *Medicine and Science in Sports and Exercise*, 30:318-321.
- Swain, R.-A., D.M. Harsha, and J. Baenziger. 1997. Do pseudoephedrine or phenylpropanolamine improve maximum oxygen uptake and time to exhaustion? *Clinical Journal of Sports Medicine*, 7:168-173.
- Takaishi, T., Y. Yasuda, and T. Moritani. 1994. Neuromuscular fatigue during prolonged pedaling rates. *European Journal of Applied Physiology*, 69:154-158.
- Takaishi, T., Y. Yasuda, T. Ono, and T. Moritani. 1996. Optimal pedaling rate estimated from neuromuscular fatigue for cyclists. *Medicine and Science in Sports and Exercise*, 28:1492- 1497.
- Tappy, L, and E. Jequier- 1993. Fructose and dietary thermogenesis. *American Journal of Clinical Nutrition*, 58 (Suppl):766S- 770S.
- Tappy, L. , J.P. Randin, J.P. Felber, R- Chiolero D.C. Simonson, E. Jequier, and R.A. DeFronzo. 1986 Comparison of thermogenic effect of fructose and glucose in normal humans. *American Journal of Physiology*, 250:E718-E724-
- Tarnopolsky, M.A., S.A. Atkinson, S-M. Phillips, and J.D. MacDougall. 1995. Carbohydrate loading and metabolism during exercise in men and women. *Journal of Applied Physiology*, 78:1360-1368. "Ihmopolsky, M.A., M. Basman, J.R. MacDonald, D. Vandeputte, J. Martin, and B.D. Roy. 1997. Post-exercise triglyceride and carbohydrate supplements increase muscle glycogen in men and women. *Journal of Applied Physiology*, 83:1877-1883.
- Tarnopolsky, L.J., J.D. MacDougall, S.A. Atkinson, M.A- Tarnopolsky, and J.R. Sutton- 1990. Gender differences in substrate for endurance exercise. *Journal of Applied Physiology*, 68:302-308.
- Tepperman, J., and I.-L.M. Tepperman- 1987. *Metabolic and Endocrine Physiology*, 5th ed. Chicago: Year Book Medical Publisher.
- Terada, S., T. Yokozeki, K. Kawanaka, K. Ogawa, M. Higuchi, O. Ezaki, and I. Tabata. 2001. Effects of high-intensity swimming training on GLUT-4 and glucose transport activity in rat skeletal muscle. *Journal of Applied Physiology*, 90:2019-2024.
- Thiebaud, D., K. Acheson, Y. Schutz, J.P. Felber; A. Golay, R.A. DeFronzo, and E. Jequier. 1983a- Stimulation of thermogenesis in men after combined glucose long-chain triglyceride infusion. *American Journal of Clinical Nutrition*, 37:603-61 L.
- Thiebaud, D., Y. Schutz, I.C.J. Acheson, et al. 1983b. Energy cost of glucose storage in human subjects during glucose-insulin infusions. *American Journal of Physiology*, 244:E216-E221.
- Thorne, A. and J. Wahren. 1989. Beta-adrenergic blockade does not influence the thermogenic response to a meal in man. *Clinical Physiology*, 9:321-332.
- Thorne, A., and J. Wahren. 1990. Diminished meal-induced thermogenesis in elderly man. *Clinical Physiology*, 10:427-437.
- Thornton, M.K., and J.A. Potteiger. 2002. Effect of resistance exercise bouts of different intensities but equal work on EPOC. *Medicine and Science in Sports and Exercise*, 34:715-722.
- Thorstensson, A. , B. Hultén, W. van Döbeln, and J. Karlsson, 1976. Effect of strength training on enzyme activities, and fiber characteristics of human skeletal muscle. *Acta Physiologica Scandinavica*, 96:392-398.
- Toner, M.M., and W.D. McArdle. 1996. Human thermoregulatory responses to acute cold stress with special reference to water immersion. In: *Handbook of physiology*, Section 4: Environmental physiology, ed. M.I. Fregly and C.M. Blatteis. New York: Oxford University Press.
- Tonkonogi, M., and K. Sahlin. 2002. Physical exercise and mitochondrial function in human skeletal muscle. *Exercise and Sport Sciences Reviews*, 30:129-137. "Ibth, M.J., P.J. Arciero, A.W. Gardner, J. Calles-Escandon, and E.T. Poehlman. 1996. Rates of free fatty acid appearance and fat oxidation in healthy younger and older men. *Journal of Applied Physiology*, 80:506-511
- Toubro, S., A. Astrup, L. Breum, and F. Quaade. 1993. The acute and chronic effects of ephedrine/caffeine mixtures on energy expenditure and glucose metabolism in humans. *International Journal of Obesity and Related Metabolic Disorders*, 17 (Suppl)
- Treiber, E.A., L. Musante, S. Hartdagan, H. Davis, M. Levy, and W.B. Strong. 1989. Validation of a heart rate monitor with children in laboratory and field settings. *Medicine and Science in Sports and Exercise*, 21:338-342.
- Tremblay, A., I. Cote, and J. LeBlanc. 1983. Diminished dietary thermogenesis in exercise-trained human subjects. *European Journal of Applied Physiology*, 52:1-4.
- Tremblay, A., J.P. Despres, C. Leblanc et al. 1990. Effect of intensities of physical activity on body fatness and fat distribution. *American Journal of Clinical Nutrition*, 51:153-157.
- Tremblay, A., E. Fontaine, and A. Nadeau. 1985. Contribution of postexercise increment in glucose storage to variations in glucose-induced thermogenesis in endurance athletes. *Canadian Journal of Physiology and Pharmacology*, 63. II 65-1169.
- Tremblay, A., E. Fontaine, E.T. Poehlman, D. Mitchell, Perron, and C. Bouchard. 1986. The effect of exercise-training on resting metabolic rate in lean and moderately obese individuals. *International Journal of Obesity*, 10:511-517.
- Tremblay, A., J.A. Simoneau, and C. Bouchard. 1994. Impact of exercise intensity on body fatness and skeletal muscle metabolism. *Metabolism*, 43:811-818. "Treuth, M.S., C.R. Hunter, T. Kekes-Siabo, W.L. Weinsier, N.L. Goran, and L. Berland. 1995a. Reduction in intra-abdominal adipose tissue after strength training in older women. *Journal of Applied Physiology*, 78:1425-1431.
- Treuth, M.S., G.R. Hunter, R. Weinsier, and S. Kell. 1995b. Energy expenditure and substrate utilization in older women after strength training: 24 hour calorimeter results. *Journal of Applied Physiology*,
- Troisi, R.J., S.T. Weiss, D.R. Parker, D. Parrow, J.B. Young, and Landsberg. 1991. Relation of obesity and diet to the sympathetic nervous system. *Hypertension*, 17:669-677.
- Tudor-Locke, C.E., and A.M. Myers. 2001. Challenges and opportunities for measuring physical activity in sedentary adults. *Sports Medicine*, 31:91-100,
- Turcotte, L.P., E.A. Richter, and B. Kiens. 1992. Increased plasma FFA uptake and oxidation during prolonged exercise in trained vs. untrained humans. *American Journal of Physiology*, 262: E791-E799.
- Tzankoff, S.P., and A.H. Norris. 1978. Longitudinal changes in basal metabolism in man. *Journal of Applied Physiology*, 45:536-539. Ukropcova, B.,

- M. McNeil, O. Sereda, de Jonge, H. Xie, G.A. Bray, and S.R. Smith. 2005. Dynamic changes in fat oxidation in human primary myocytes mirror metabolic characteristics of the donor. *Journal of Clinical Investigation*, 115:1931-1941.
- United States Department of Health and Human Services. 1996. *Physical activity and health: a report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.
- Vander, A.J., J.H. Sherman, and D.S. Luciano. 2001. *Human physiology: mechanisms of body function*. 7th ed. New York: McGraw-Hill.
- Van Etten, EM-LA., K.R. Westerterp, and F.T.J. Verstappen. 1995. Effect of weight-training on energy expenditure and substrate utilization during sleep. *Medicine and Science in Sports and Exercise*, 27:188-193.
- Visser, M., P. Deurenberg, W.A. van Stavern, and I. Hautvast. = 1995. Resting metabolic rate and diet-induced thermogenesis in young and elderly subjects: relationship with body composition, fat distribution, and physical activity level. *American Journal of Clinical Nutrition*,
- Visser, M., L.J. Launer, P. Deurenberg, and D.J.H. Deeg. 1997. Total and sports activity in older men and women: relation with body fat distribution. *American Journal of Epidemiology*, 145:752-761.
- Volek, IS., J.L. Vanl-leest, and C.E. Forsythe. 2005. Diet and exercise for weight loss: A review of current issues- *Sports Medicine*, 35:1-9.
- Vukovich, M.D., D.L. Costill, M.S. Hickey, S.W. Trappe, H.I. Cole, and W.J. Fink- 1993. Effect of fat emulsion infusion and fat feeding on muscle glycogen utilization during cycle exercise. *Journal of Applied Physiology*, 75:1513-1518.
- Wagenmakers, A. J.M., E.I. Beckers, F. Brouns, El. Kuipers, P.B. Soeters, G.L. van der Vusse, and V.I.M. Saris- 1991. Carbohydrate supplementation, glycogen depletion, and amino acid metabolism during exercise. *American Journal of Physiology*, 260:E883-E890.
- Wagenmakers, A.J.M., I.H. Brooks, I.H. Coakley, T. Reilly, and R.H.T. Edwards. 1989. Exercise induced activation of branched-chain 2-oxo acid dehydrogenase in human muscle- *European Journal of Applied Physiology*, 59: 159-167.
- Wahrenr J., P. Felig, and Hagenfeldt. 1978. Physical exercise and fuel homeostasis in diabetes mellitus. *Diabetologia*, Wahren, J., L Hagenfeldt, and P. Felig. 1975. Splanchnic and leg exchange of glucose, amino acids, and free fatty acids during exercise in diabetes mellitus. *Journal of Clinical Investigation*, 55:1303-1314.
- Wahren, J., Y. Sato, J. Ostman, L. Flagenfeldt, and P. Felig. 1984. Turnover and splanchnic metabolism of free fatty acids and ketones in insulin-dependent diabetics at rest and in response to exercise. *Journal of Clinical Investigation*, 73:1367-1376.
- Wahrenrber Fl., J. Bolinder, and P. Amer. 1991. Adrenergic regulation of lipolysis in human fat cells during exercise *European Journal of Clinical Investigation*, 21:534-541.
- Walker, M. 1995. Obesity, insulin resistance, and its link to non- insulin-dependent diabetes mellitus. *Metabolism*, 44 (Suppl 3); 18-20.
- Wallace, J.P. 1997. Obesity. In: ACSM's exercise management for persons with chronic diseases and disabilities, 106-111. Champaign, IL: Human Kinetics.
- Wallberg-I-lenriksson, I-I., R. Gunnarsson, J. Henriksson, R. DeFronzo, P. Felig, J. Östman, and J. Wahren. 1982. Increased peripheral insulin sensitivity and muscle mitochondrial enzymes but unchanged blood glucose control in type I diabetics after physical training. *Diabetes*, 31:1044-1050.
- Waluga, M., M. Janusz, E. Karpel, M. Hartleb, and A. Nowak. 1998. Cardiovascular effects of ephedrine, caffeine and yohimbine measured by thoracic electrical bioimpedance in obese women. *Clinical Physiology*, 18:69-76.
- Wang, C., S. Strouse, and A. Saunders. 1924. Studies on the metabolism of obesity: III. The specific dynamic action of food. *Archives of Internal Medicine*, 34:573-583.
- Washburn, R., M.K. Chin, and H.J. Montoye. 1980. Accuracy of pedometer in walking and running. *Research Quarterly for Exercise and Sport*, 51:695-702.
- Washburn, R.A., and H.J. Montoye. 1986. Validity of heart rate as a measure of mean daily energy expenditure. *Exercise Physiology*, 2:161-172.
- Washburn, R.C., T.C-Cook, and R.E. LaPorte. 1989. The objective assessment of physical activity in an occupationally active group, *Journal of Sports Medicine and Physical Fitness*, 29:279-284.
- Wasserman, D.H., H.L.A. Lickley, and M. Vranic. 1984. Interactions between glucagon and other counter-regulatory hormones during normoglycemic and hypoglycemic exercise in dogs. *Journal of Clinical Investigation*, 74:1404-1413.
- Wasserman, D.I-I., J.A. Spalding, D.B. Lacy, C.A. Colburn, R.E. Goldstein, and A.D. Cherrington. 1989. Glucagon is a primary controller of hepatic glycogenolysis and gluconeogenesis during muscular work. *Amrican Journal of Physiology*, 257: E108-117.
- Wasserman, D.H., P.E. Williams, D.B. Lacy, D.R. Green, and A.D. Cherrington. 1988. Importance of intrahepatic metabolisms to gluconeogenesis from alanine during exercise and recovery. *American journal of Physiology*, 2.54:E518-E525.
- Webb, KA., L.A. Wolfe, and Ml. McGrath. 1994. Effects of acute and chronic maternal exercise on fetal heart rate. *Journal of Applied Physiology*, 97:2207-2213.
- Weinsier, RL, C.R. Hunter, PA. Zuckerman, and BE. Darnell. 2003. Low resting and sleeping energy expenditure and fat use do not contribute to obesity in women. *Obesity Research*, 11:937-944.
- Wejnser, R.L., K:M. Nelson, D.D. Fleridsrud, BE. Damell, G.R. Hunter, andY. Schutz. 1995. Metabolic predictors of obesity:contribution of resting energy expenditure, thermic effect of food, and fuel utilization to four year weight gain of post-obese and never-obese women. *Journal of Clinical investigation*, 95:980-985.
- Welk, Cl., and C.B. Corbin. 1995. The validity of the Tritrac-R3 D activity monitor for assessment of physical activity in children. *Research Quarterly for Exercise and Sport*, 66:202-209.
- Westerterp. K.R., GA. Meijer, E.M. Janssen, W.[I. Saris, and F. HoorTen. 1992. Long-term effect ofphysical activity on energy balance and body composition. *British Journal of Nutrition*, 68:21 -30.
- Westman, E.C., W.S. Vancy, Jr., M.K. Olsen, T. Dudley, and JR. Guyton. 2006. Effect of a low-carbohydrate, ketogenic diet program compared w a low-fat diet on lasting lipoprotein subclasses. *Intentionat Journal of Cardiology*. 110:212-216.
- Whitaker, R.C., J.A. Wright, MS. Pepe. K.D. Seidel, and W.H. Dietz. 1997. Predicting obesity in young adulthood from childhood and parental obesity. *New England Journal of Medicine*, 337:869-873.
- White, C.R., and RS. Seymour. 2005. Allometric scaling of mammalian metabolism. *The Journal of Erperintcnlal Biology*. 208:1611-1619.
- Wilcox. A., and R. Bulbulian. 198& Changes in running economy relative to VO2max during a cross-country season. *Journal of Sports Medicine and Physical Fitness*, 24:321-326.
- Wildinan, R., and B. Miller. 2004. Amino acids, protein, and exercise. In: *Sports and fitness nutrition*, 119-156. Belmont, CA: Wadsworth.
- Williams, M.I-I. 2005. *Nutrition for health-, fitness, and sport*. 7th ed. New York: McGraw-FI ill.
- Williamson, DE, J. Madans, R.F. Anda, J.C- Kleinman, I-I. Kahn, and T. Byers. 1993. Recreational physical activity and ten-year weight change in a liS national cohort. *International Journal of Obesity*. 17:279-286.
- Willoughby, DS., DR. Chilek, DA Schiller, and [R- Coast. 1991 .The metabolic effects of three different free weight pacallel scjuatting intensities. *Journal of Hunian Muwment StudieI* 21:51.67.

- Wilmore, J.H. 1995. Variations in physical activity habits and body composition. *International Journal of Obesity*. 19 (Suppl 4): S107-S112.
- Wilmore, J.H., and D.L. Costill. 2004. *Physiology of sports and exercise*. 3rd ed. Champaign, IL: Human Kinetics.
- Wilmore, J.H., Ru Parr, P. Ward, P.A. V'ddak, Ti. Barstow, T.V. Pipes, G. Grimditch, and P. LesLie. 1978. Energy cost of circuit weight training. *Medicine and Science in Sports*, 10:75-78.
- Winder, W.W. 2001. Energy-sensing and signaling by AMP-activated protein kinase in skeletal muscle. *Journal of Applied Physiology*. 91:1017-1028.
- Winder, W.W., K.M. Baldwin, and J.O. Holloszy. 1974. Enzymes involved in ketone utilization in different types of muscle: adaptation to exercise. *European Journal of Biochemistry*. 47:461-467.
- Wolfe, L.A., I.K.M. Brenner, and M.F. Mottola. 1994. Maternal exercise, fetal well-being, and pregnancy outcome. *Exercise and Sport Sciences Reviews*, 22:145-194.
- Wolfe, R.R., El. Peters, S. Klein, O.B. Holland, J. Rosenblatt, and I.I. Gary, Jr. 1987. Effect of short-term fasting on lipolytic responsiveness in normal and obese human subjects. *American Journal of Physiology*. 252:E1 89-E1 96.
- Womack, C.J., S.E. Davis, J.L. Blumer, E. Barrett, A.L. Weltman, and G.A. Gaesser. 1995. Slow component of O₂ uptake during heavy exercise: adaptations to endurance training. *Journal of Applied Physiology*. 79:838-845.
- Wong, T.C., J.C. Webster, H.I. Montoye, and R. Washburn. 1981. Portable accelerometer device for measuring human energy expenditure. *IEEE Transactions on Biomedical Engineering*, 28:467-471.
- World Health Organization. 1998. *Obesity: preventing and managing the global epidemic*. Geneva: World Health Organization.
- Ycomans, M.R., S. Caton, and M.M. Flethcrington. 2003. Alcohol and food intake. *Current Opinion in Clinical Nutrition and Metabolic Care*. 6:639-644.
- Yki-laivinen, I.I., V.A. I(oivisto, M.R. Tashinen, and E.A. Nikkila. 1984. Glucose tolerance, plasma lipoproteins and tissue lipoprotein lipase activities in body builders. *European Journal of Applied Physiology*. 53:253-259.
- Zanconato, S., S. Buchthal, T.J. Barstow, and D.M. Cooper. 1993. resonance spectroscopy of leg muscle metabolism during exercise in children and adults. *Journal of Applied Physiology*, 74:2214-2218. .
- Zed, C., and W.P.T. James. 1986. Dietary thermogenesis in obesity: response to carbohydrate and protein meals: the effect of J3. adrenergic blockade and semi-starvation. *International Journal of Obesity*. 10:391-405. .
- Zhang, Y., R. Proenca, M. Maffci, M. Barorie, M. Lepold, and J.M. Friedman. 1994. Positional cloning of the mouse obese gene and its human homologue. *Nature*, 373:425-432.
- Zinman, B., S. Zuniga-Guadardo, and D. Kelly. 1984. Comparison of the acute and long term effects of physical training on glucose control in type I diabetes. *Diabetes Care*, 7:51 5-519.
- Zwillich, C., B. Martin, F. Hofeldt, A. Charles, V. Subryen, and K. Bunnan. 1981. Lack of effects of n-sympathetic blockade on the metabolic and respiratory responses to carbohydrate feeding. *Metabolism*, 30:451-456.