

Table G3.A1. Metabolic Syndrome: Fitness Prospective Cohort Studies

Author, Journal, Year	N	Random/ Control	Finding
Laaksonen et al./ Diabetes Care/ 2002 (1)	612 M	Prospective study	Inverse association
Carnethon et al./ JAMA/ 2003 (2)	N=4,269	Prospective study	Inverse association
Ferreira et al./ Arch. Int. Med./ 2005 (3)	N=364	Prospective study	Inverse association
Ekelund et al./ Diab. Care/ 2005 (4)	N=605 246 M 359 W	Prospective study	NS association of VO _{2max} with progression toward metabolic syndrome
LaMonte et al./ J. Women's Health/ 2005 (5)	N=10,498	Prospective study	Inverse association

M, men; N, number; NS, non-significant; W, women

Reference List

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2. Carnethon MR, Gidding SS, Nehgme R, Sidney S, Jacobs DR, Jr., Liu K. Cardiorespiratory fitness in young adulthood and the development of cardiovascular disease risk factors. *JAMA* 2003 Dec 17;290(23):3092-100.
3. Ferreira I, Twisk JW, van MW, Kemper HC, Stehouwer CD. Development of fatness, fitness, and lifestyle from adolescence to the age of 36 years: determinants of the metabolic syndrome in young adults: the amsterdam growth and health longitudinal study. *Arch.Intern.Med.* 2005 Jan 10;165(1):42-8.
4. Ekelund U, Brage S, Franks PW, Hennings S, Emms S, Wareham NJ. Physical activity energy expenditure predicts progression toward the metabolic syndrome independently of aerobic fitness in middle-aged healthy Caucasians: the Medical Research Council Ely Study. *Diabetes Care* 2005 May;28(5):1195-200.
5. LaMonte MJ, Ainsworth BE, Durstine JL. Influence of cardiorespiratory fitness on the association between C-reactive protein and metabolic syndrome prevalence in racially diverse women. *J.Womens Health (Larchmt.)* 2005 Apr;14(3):233-9.