

# Listing of Excluded Studies—General Population

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

1. Effectiveness of health checks conducted by nurses in primary care: final results of the OXCHECK study. Imperial Cancer Research Fund OXCHECK Study Group. *BMJ*. 1995;310(6987):1099-104.  
*No physical activity intervention*
2. Cardiovascular disease prevention for women attending breast and cervical cancer screening programs: the WISEWOMAN projects. The WISEWOMAN Workgroup. *Prev Med*. 1999;28(5):496-502.  
*No physical activity or fitness outcome*
3. The Diabetes Prevention Program. Design and methods for a clinical trial in the prevention of type 2 diabetes. *Diabetes Care*. 1999;22(4):623-34.  
*No physical activity or fitness outcome*
4. Effects of physical activity counseling in primary care: the Activity Counseling Trial: a randomized controlled trial. *Jama*. 2001;286(6):677-87.  
*Less than 3 months followup*
5. Acquista VW, Wachtel TJ, Gomes CI, et al. Home-based Health Risk Appraisal and screening program. *J Community Health*. 1988;13(1):43-52.  
*No concurrent control group*
6. Albright CL, Cohen S, Gibbons L, et al. Incorporating physical activity advice into primary care: physician-delivered advice within the activity counseling trial. *Am J Prev Med*. 2000;18(3):225-34.  
*Less than 3 months followup*
7. Allen JK. Coronary risk factor modification in women after coronary artery bypass surgery. *Nurs Res*. 1996;45(5):260-5.  
*Targeted vascular disease patients*
8. Allen L, Iwata B. Reinforcing exercise maintenance using high-rate activities. *Behav Mod*. 1980;4:337-54.  
*Fewer than 75 subjects total*
9. Andersen LB, Klausen K, Nisbeth O. [One-year effect of health counseling on life style and risk factors of heart disease]. *Ugeskr Laeger*. 2002;164(13):1814-8.  
*Non-english language*
10. Andersen RE, Franckowiak SC, Snyder J, et al. Can inexpensive signs encourage the use of stairs? Results from a community intervention. *Ann Intern Med*. 1998;129(5):363-9.  
*No concurrent control group*
11. Andersen RE, Wadden TA, Bartlett SJ, et al. Effects of lifestyle activity vs structured aerobic exercise in obese women: a randomized trial. *JAMA*. 1999;281(4):335-40.  
*Fewer than 75 subjects total*
12. Anderssen SA, Haaland A, Hjermten I, et al. Oslo diet and exercise study: a one year randomized intervention trial. Effect on haemostatic variables and other coronary risk factors. *Nutrition Metabolism in Cardiovascular Disease*. 1995;5:189-200.  
*Less than 3 months followup*
13. Annesi JJ. Effects of computer feedback on adherence to exercise. *Percept Mot Skills*. 1998;87(2):723-30.  
*No physical activity or fitness outcome*
14. Annesi JJ. Goal-setting protocol in adherence to exercise by Italian adults. *Percept Mot Skills*. 2002;94(2):453-8.  
*Fewer than 75 subjects total*
15. Armstrong C, Sallis J, Hovell M, et al. Stages of change self-efficacy and the adoption of vigorous exercise: A prospective analysis. *Journal of Sport and Exercise Psychology*. 1993;15:390-402.  
*No physical activity intervention*
16. Avila P, Hovell MF. Physical activity training for weight loss in Latinas: a controlled trial. *Int J Obes Relat Metab Disord*. 1994;18(7):476-82.  
*Fewer than 75 subjects total*
17. Babyak M, Blumenthal JA, Herman S, et al. Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. *Psychosom Med*. 2000;62(5):633-8.  
*No concurrent control group*
18. Bacon L, Keim NL, Van Loan MD, et al. Evaluating a 'non-diet' wellness intervention for improvement of metabolic fitness, psychological well-being and eating and activity behaviors. *Int J Obes Relat Metab Disord*. 2002;26(6):854-65.  
*Less than 3 months followup*
19. Baigis J, Korniewicz DM, Chase G, et al. Effectiveness of a home-based exercise intervention for HIV-infected adults: a randomized trial. *J Assoc Nurses AIDS Care*. 2002;13(2):33-45.  
*Less than 3 months followup*

20. Baranowski T, Simons-Morton B, Hooks P, et al. A center-based program for exercise change among black-American families. *Health Educ Q.* 1990;17(2):179-96.  
*Less than 3 months followup*
21. Barker F. Worksite health promotion - today and tomorrow. Decreasing barriers: a blueprint for workplace health in the nineties. Dallas: American Heart Association; 1988:5-16.  
*Less than 3 months followup*
22. Barnard RJ, Anthony DF. Effect of health maintenance programs on Los Angeles City firefighters. *J Occup Med.* 1980;22(10):667-9.  
*No concurrent control group*
23. Baum JG, Clark HB, Sandler J. Preventing relapse in obesity through posttreatment maintenance systems: comparing the relative efficacy of two levels of therapist support. *J Behav Med.* 1991;14(3):287-302.  
*Fewer than 75 subjects total*
24. Bauman AE, Bellew B, Owen N, et al. Impact of an Australian mass media campaign targeting physical activity in 1998. *Am J Prev Med.* 2001;21(1):41-7.  
*Less than 3 months followup*
25. Belcher JD, Ellison RC, Shepard WE, et al. Lipid and lipoprotein distributions in children by ethnic group, gender, and geographic location--preliminary findings of the Child and Adolescent Trial for Cardiovascular Health (CATCH). *Prev Med.* 1993;22(2):143-53.  
*No physical activity or fitness outcome*
26. Bell AC, Swinburn BA, Aмоса H, et al. A nutrition and exercise intervention program for controlling weight in Samoan communities in New Zealand. *Int J Obes Relat Metab Disord.* 2001;25(6):920-7.  
*Less than 3 months followup*
27. Bell B, Blanke D. The effects of a worksite fitness program on employee absenteeism. *Health Values.* 1989 1989;13:3-11.  
*Less than 3 months followup*
28. Bell B, Blanke D. The effects of an employee fitness program on health care costs and utilization. *Health Values.* 1992 1992;16:3-13.  
*Less than 3 months followup*
29. Bernacki EJ, Baun WB. The relationship of job performance to exercise adherence in a corporate fitness program. *J Occup Med.* 1984;26(7):529-31.  
*No concurrent control group*
30. Bertera RL. Behavioral risk factor and illness day changes with workplace health promotion: two-year results. *Am J Health Promot.* 1993;7(5):365-73.  
*Less than 3 months followup*
31. Binder EF, Schechtman KB, Ehsani AA, et al. Effects of exercise training on frailty in community-dwelling older adults: results of a randomized, controlled trial. *J Am Geriatr Soc.* 2002;50(12):1921-8.  
*Less than 3 months followup*
32. Bishop P, Donnelly J. Home based activity program for obese children. *Am Corr Ther.* 1987;41:12-9.  
*Fewer than 75 subjects total*
33. Bjorkelund C, Bengtsson C. Feasibility of a primary health care programme aiming at reducing cardiovascular and cerebrovascular risk factors among women in a Swedish community, Stromstad. *Scand J Prim Health Care.* 1991;9(2):89-95.  
*No physical activity or fitness outcome*
34. Bjorkelund C, Bengtsson C. Risk factor pattern for cardiovascular and cerebrovascular disease as observed in the female population of a Swedish community, Stromstad. *Scand J Prim Health Care.* 1991;9(1):11-5.  
*No physical activity or fitness outcome*
35. Blair S, Kohl H, Gordon N. Physical activity and health: A lifestyle approach. *Med Ex Nutr Health.* 1992;1:54-7.  
*No physical activity intervention*
36. Blair SN, Applegate WB, Dunn AL, et al. Activity Counseling Trial (ACT): rationale, design, and methods. Activity Counseling Trial Research Group. *Med Sci Sports Exerc.* 1998;30(7):1097-106.  
*Less than 3 months followup*
37. Blair SN, Blair A, Howe HG, et al. Leisure time physical activity and job performance. *Res Q Exerc Sport.* 1980;51(4):718-23.  
*No physical activity intervention*
38. Blair SN, Collingwood TR, Reynolds R, et al. Health promotion for educators: impact on health behaviors, satisfaction, and general well-being. *Am J Public Health.* 1984;74(2):147-9.  
*Less than 3 months followup*
39. Blair SN, Piserchia PV, Wilbur CS, et al. A public health intervention model for work-site health promotion. Impact on exercise and physical fitness in a health promotion plan after 24 months. *JAMA.* 1986;255(7):921-6.  
*Less than 3 months followup*
40. Blake S, Jeffrey R, Finnegan J, et al. Process evaluation of a community-based physical activity campaign: the Minnesota Heart Health Program experience. *Health Ed Res.* 1987;2:115-21.  
*No concurrent control group*

41. Blamey A, Mutrie N, Aitchison T. Health promotion by encouraged use of stairs. *BMJ*. 1995;311(7000): 289-90.  
*No concurrent control group*
42. Blumenthal JA, Emery CF, Madden DJ, et al. Cardiovascular and behavioral effects of aerobic exercise training in healthy older men and women. *J Gerontol*. 1989;44(5):M147-57.  
*Less than 3 months followup*
43. Bobalik J, Jensen R, Pavelka R. Alterations in pre-exercise versus post-exercise data after four months of supervised exercise. *Fitness in Business*. 1986;1:62-7.  
*Less than 3 months followup*
44. Booth M, Bauman A, Oldenburg B, et al. Effects of a national mass-media campaign on physical activity participation. *Health Promot Int*. 1992;7:241-7.  
*No concurrent control group*
45. Borg P, Kukkonen-Harjula K, Fogelholm M, et al. Effects of walking or resistance training on weight loss maintenance in obese, middle-aged men: a randomized trial. *Int J Obes Relat Metab Disord*. 2002;26(5):676-83.  
*No physical activity intervention*
46. Boudreau F, Godin G, Pineau R, et al. Health risk appraisal in an occupational setting and its impact on exercise behavior. *J Occup Environ Med*. 1995;37(9): 1145-50.  
*Less than 3 months followup*
47. Brassington GS, Atienza AA, Perczek RE, et al. Intervention-related cognitive versus social mediators of exercise adherence in the elderly. *Am J Prev Med*. 2002;23(2 Suppl):80-6.  
*Less than 3 months followup*
48. Brown W, Lee C. Exercise and dietary modification with women on non-English speaking background: A pilot study with Polish-Australian women. *Int J Behav Med*. 1994;1(3):185-203.  
*Fewer than 75 subjects total*
49. Brownell KD, Stunkard AJ, Albaum JM. Evaluation and modification of exercise patterns in the natural environment. *Am J Psychiatry*. 1980;137(12):1540-5.  
*No concurrent control group*
50. Brownson RC, Smith CA, Pratt M, et al. Preventing cardiovascular disease through community-based risk reduction: the Bootheel Heart Health Project. *Am J Public Health*. 1996;86(2):206-13.  
*No concurrent control group*
51. Brynteson P, Adams TM. The effects of conceptually based physical education programs on attitudes and exercise habits of college alumni after 2 to 11 years of follow-up. *Res Q Exerc Sport*. 1993;64(2):208-12.  
*No physical activity or fitness outcome*
52. Buchner DM, Cress ME, de Lateur BJ, et al. The effect of strength and endurance training on gait, balance, fall risk, and health services use in community-living older adults. *J Gerontol A Biol Sci Med Sci*. 1997;52(4):M218-24.  
*Less than 3 months followup*
53. Buchner DM, Cress ME, Wagner EH, et al. The Seattle FICSIT/MoveIt study: the effect of exercise on gait and balance in older adults. *J Am Geriatr Soc*. 1993;41(3):321-5.  
*No physical activity or fitness outcome*
54. Burckhardt CS, Mannerkorpi K, Hedenberg L, et al. A randomized, controlled clinical trial of education and physical training for women with fibromyalgia. *J Rheumatol*. 1994;21(4):714-20.  
*Less than 3 months followup*
55. Burke V, Giangiulio N, Gillam HF, et al. Health promotion in couples adapting to a shared lifestyle. *Health Educ Res*. 1999;14(2):269-88.  
*Less than 3 months followup*
56. Burn GE, Naylor PJ, Page A. Assessment of stages of change for exercise within a worksite lifestyle screening program. *Am J Health Promot*. 1999;13(3): 143-5.  
*No physical activity intervention*
57. Burton LC, Paglia MJ, German PS, et al. The effect among older persons of a general preventive visit on three health behaviors: smoking, excessive alcohol drinking, and sedentary lifestyle. The Medicare Preventive Services Research Team. *Prev Med*. 1995;24(5):492-7.  
*Less than 3 months followup*
58. Burton LC, Steinwachs DM, German PS, et al. Preventive services for the elderly: would coverage affect utilization and costs under Medicare? *Am J Public Health*. 1995;85(3):387-91.  
*Less than 3 months followup*
59. Bush PJ, Zuckerman AE, Taggart VS, et al. Cardiovascular risk factor prevention in black school children: the "Know Your Body" evaluation project. *Health Educ Q*. 1989;16(2):215-27.  
*Less than 3 months followup*

60. Bush PJ, Zuckerman AE, Theiss PK, et al. Cardiovascular risk factor prevention in black schoolchildren: two-year results of the "Know Your Body" program. *Am J Epidemiol.* 1989;129(3):466-82.  
*Less than 3 months followup*
61. Buxton K, Mercer T, Wyse J. Assessment of the stage of exercise behavior change in young adult females. In: Bell F, van Gyn G, eds, eds. *Access to Active Living: Proceedings for the 10th Commonwealth & International Scientific Congress.* Victoria, BC, Canada: University of Victoria; 1994:256-61.  
*No physical activity intervention*
62. Buxton K, Wyse J, Mercer T, et al. Assessing the stages of exercise behavior change and the stages of physical activity behavior change in a British worksite sample [abstract]. *Journal of Sport Sciences.* 1995;13:S50-S1.  
*No physical activity intervention*
63. Calfas K, Sallis J, Lovato C, et al. Physical activity and its determinants before and after college graduation. *Medicine, Exercise, Nutrition and Health.* 1994;3:323-34.  
*Less than 3 months followup*
64. Calfas KJ, Long BJ, Sallis JF, et al. A controlled trial of physician counseling to promote the adoption of physical activity. *Prev Med.* 1996;25(3):225-33.  
*Less than 3 months followup*
65. Calfas KJ, Sallis JF, Nichols JF, et al. Project GRAD: two-year outcomes of a randomized controlled physical activity intervention among young adults. *Graduate Ready for Activity Daily. Am J Prev Med.* 2000;18(1):28-37.  
*Less than 3 months followup*
66. Calfas KJ, Sallis JF, Oldenburg B, et al. Mediators of change in physical activity following an intervention in primary care: PACE. *Prev Med.* 1997;26(3):297-304.  
*Less than 3 months followup*
67. Cambien F, Richard JL, Ducimetiere P, et al. The Paris Cardiovascular Risk Factor Prevention Trial. Effects of two years of intervention in a population of young men. *J Epidemiol Community Health.* 1981;35(2):91-7.  
*No physical activity or fitness outcome*
68. Campbell MK, Tessaro I, DeVellis B, et al. Effects of a tailored health promotion program for female blue-collar workers: health works for women. *Prev Med.* 2002;34(3):313-23.  
*Less than 3 months followup*
69. Campbell NC, Ritchie LD, Thain J, et al. Secondary prevention in coronary heart disease: a randomised trial of nurse led clinics in primary care. *Heart.* 1998;80(5):447-52.  
*Less than 3 months followup*
70. Cardinal B. Predicting exercise behavior using components of the transtheoretical model of behavior change. *Journal of Sport Behavior.* 1997;20:272-83.  
*Fewer than 75 subjects total*
71. Cardinal B. Interaction between stage of exercise and history of relapse. *Journal of Human Movement Studies.* 1998;34:175-85.  
*No physical activity intervention*
72. Cardinal B. Extended stage model of physical activity behavior. *Journal of Human Movement Studies.* 1999;37:37-54.  
*No concurrent control group*
73. Cardinal B, Engels H, Zhu W. Application of the transtheoretical model of behavior change to preadolescents' physical activity and exercise behavior. *Pediatric Exercise Science.* 1998;10:69-80.  
*No physical activity intervention*
74. Cardinal BJ, Sachs ML. Prospective analysis of stage-of-exercise movement following mail-delivered, self-instructional exercise packets. *Am J Health Promot.* 1995;9(6):430-2.  
*No concurrent control group*
75. Cardinal BJ, Sachs ML. Effects of mail-mediated, stage-matched exercise behavior change strategies on female adults' leisure-time exercise behavior. *J Sports Med Phys Fitness.* 1996;36(2):100-7.  
*Less than 3 months followup*
76. Castro CM, King AC, Brassington GS. Telephone versus mail interventions for maintenance of physical activity in older adults. *Health Psychol.* 2001;20(6):438-44.  
*Less than 3 months followup*
77. Castro CM, Wilcox S, O'Sullivan P, et al. An exercise program for women who are caring for relatives with dementia. *Psychosom Med.* 2002;64(3):458-68.  
*Less than 3 months followup*
78. Cauley JA, Kriska AM, LaPorte RE, et al. A two year randomized exercise trial in older women: effects on HDL-cholesterol. *Atherosclerosis.* 1987;66(3):247-58.  
*Less than 3 months followup*
79. Clark M, Hampson SE. Implementing a psychological intervention to improve lifestyle self-management in patients with type 2 diabetes. *Patient Educ Couns.* Mar 2001;42(3):247-56.  
*Less than 3 months followup*

80. Clark NM, Janz NK, Dodge JA, et al. Changes in functional health status of older women with heart disease: evaluation of a program based on self-regulation. *J Gerontol B Psychol Sci Soc Sci.* 2000;55(2):S117-26.  
*Targeted vascular disease patients*
81. Coates TJ, Jeffery RW, Slinkard LA. Heart healthy eating and exercise: introducing and maintaining changes in health behaviors. *Am J Public Health.* 1981;71(1):15-23.  
*No concurrent control group*
82. Coleman KJ, Raynor HR, Mueller DM, et al. Providing sedentary adults with choices for meeting their walking goals. *Prev Med.* 1999;28(5):510-9.  
*Fewer than 75 subjects total*
83. Cooper KH, Purdy JG, Friedman A, et al. An aerobics conditioning program for the Fort Worth, Texas School District. *Res Q.* 1975;46(3):345-50.  
*Less than 3 months followup*
84. Corbin C, Laurie D. Exercise for a Lifetime: An Educational Effort. *The Physician and the Sportsman.* 1978(Jan 6):51-5.  
*Less than 3 months followup*
85. Corry JM. MetLife's experience with fitness and wellness programming. *Stat Bull Metrop Insur Co.* 1990;71(4):19-20, 2-5.  
*No concurrent control group*
86. Cox KL, Burke V, Gorely TJ, et al. Controlled comparison of retention and adherence in home- vs center-initiated exercise interventions in women ages 40-65 years: The S.W.E.A.T. Study (Sedentary Women Exercise Adherence Trial). *Prev Med.* 2003;36(1):17-29.  
*Less than 3 months followup*
87. Cox KL, Burke V, Morton AR, et al. Long-term effects of exercise on blood pressure and lipids in healthy women aged 40-65 years: The Sedentary Women Exercise Adherence Trial (SWEAT). *J Hypertens.* 2001;19(10):1733-43.  
*No physical activity intervention*
88. Cox KL, Puddey IB, Burke V, et al. Determinants of change in blood pressure during S.W.E.A.T.: the sedentary women exercise adherence trial. *Clin Exp Pharmacol Physiol.* 1996;23(6-7):567-9.  
*Less than 3 months followup*
89. Cox M, Shephard RJ, Corey P. Influence of an employee fitness programme upon fitness, productivity and absenteeism. *Ergonomics.* 1981;24(10):795-806.  
*No concurrent control group*
90. Craighead L, Blum M. Supervised exercise in behavioral treatment for moderate obesity. *Behav Ther.* 1989;20:49-59.  
*Fewer than 75 subjects total*
91. Critchley J, Isaacs AJ, Rosenthal R, et al. The Newcastle exercise project. Organisational aspects may influence adherence rates. *BMJ.* 2000;320(7247):1472; author reply 3-4.  
*No physical activity intervention*
92. Crow R, Blackburn H, Jacobs D, et al. Population strategies to enhance physical activity: the Minnesota Heart Health Program. *Acta Med Scand Suppl.* 1986;711:93-112.  
*No concurrent control group*
93. Cupples ME, McKnight A. Randomised controlled trial of health promotion in general practice for patients at high cardiovascular risk. *BMJ.* 1994;309(6960):993-6.  
*Less than 3 months followup*
94. Daltroy LH, Robb-Nicholson C, Iversen MD, et al. Effectiveness of minimally supervised home aerobic training in patients with systemic rheumatic disease. *Br J Rheumatol.* 1995;34(11):1064-9.  
*Fewer than 75 subjects total*
95. Davis S, Lambert L, Gomez Y, et al. Southwest cardiovascular curriculum project: study findings for American Indian elementary students. *J Health Educ.* 1995;26:S72-81.  
*Less than 3 months followup*
96. De Bourdeaudhuij I, Sallis J. Relative contribution of psychosocial variables to the explanation of physical activity in three population-based adult samples. *Prev Med.* 2002;34(2):279-88.  
*No physical activity intervention*
97. DeBusk RF, Stenestrand U, Sheehan M, et al. Training effects of long versus short bouts of exercise in healthy subjects. *Am J Cardiol.* 1990;65(15):1010-3.  
*Fewer than 75 subjects total*
98. DeLuca R, Holborn S. Effects of a variable-ratio reinforcement schedule with changing criteria on exercise in obese and non-obese boys. *J Appl Behav Anal.* 1992;25:671-9.  
*Fewer than 75 subjects total*
99. Dempsey J, Kimiecik J, Horn T. Parental influence on children's moderate to vigorous physical activity participation: an expectancy value approach. *Pediatric Exercise Sci.* 1993;5:151-67.  
*No concurrent control group*

100. Dobs AS, Masters RB, Rajaram L, et al. A comparison of education methods and their impact on behavioral change in patients with hyperlipidemia. *Patient Educ Couns.* 1994;24(2):157-64.  
*No physical activity intervention*
101. Donnelly JE, Jacobsen DJ, Whatley JE, et al. Nutrition and physical activity program to attenuate obesity and promote physical and metabolic fitness in elementary school children. *Obes Res.* 1996;4(3):229-43.  
*Less than 3 months followup*
102. Donovan RJ, Jones S, Holman CD, et al. Assessing the reliability of a stage of change scale. *Health Educ Res.* 1998;13(2):285-91.  
*No physical activity intervention*
103. Dornelas EA, Wylie-Rosett J, Swencionis C. The DIET study: long-term outcomes of a cognitive-behavioral weight-control intervention in independent-living elders. *Dietary Intervention: Evaluation of Technology. J Am Diet Assoc.* 1998;98(11):1276-81.  
*No concurrent control group*
104. Dowell AC, Ochera JJ, Hilton SR, et al. Prevention in practice: results of a 2-year follow-up of routine health promotion interventions in general practice. *Fam Pract.* 1996;13(4):357-62.  
*No physical activity intervention*
105. Driggers DA, Swedberg J, Johnson R, et al. The maximum exercise stress test: is it a behavior-modification tool? *J Fam Pract.* 1984;18(5):715-8.  
*Fewer than 75 subjects total*
106. Dubbert PM, Cooper KM, Kirchner KA, et al. Effects of nurse counseling on walking for exercise in elderly primary care patients. *J Gerontol A Biol Sci Med Sci.* 2002;57(11):M733-40.  
*Less than 3 months followup*
107. Duncan B, Boyce WT, Itami R, et al. A controlled trial of a physical fitness program for fifth grade students. *J Sch Health.* 1983;53(8):467-71.  
*Fewer than 75 subjects total*
108. Dunn AL, Marcus BH, Kampert JB, et al. Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness: a randomized trial. *JAMA.* 1999;281(4):327-34.  
*Less than 3 months followup*
109. Dunn AL, Marcus BH, Kampert JB, et al. Reduction in cardiovascular disease risk factors: 6-month results from Project Active. *Prev Med.* 1997 Nov-Dec 1997;26(6):883-92.  
*Less than 3 months followup*
110. Durbeck DC, Heinzelmann F, Schacter J, et al. The National Aeronautics and Space Administration-U.S. Public Health Service Health Evaluation and Enhancement Program. Summary of results. *American Journal of Cardiology.* 1972;30(7):784-90.  
*Less than 3 months followup*
111. Dwyer T, Coonan WE, Leitch DR, et al. An investigation of the effects of daily physical activity on the health of primary school students in South Australia. *Int J Epidemiol.* 1983;12(3):308-13.  
*Less than 3 months followup*
112. Dziewaltowski DA, Estabrooks PA, Johnston JA. Healthy youth places promoting nutrition and physical activity. *Health Educ Res.* 2002;17(5):541-51.  
*No physical activity or fitness outcome*
113. Eddy JM, Eynon D, Nagy S, et al. Impact of a physical fitness program in a blue-collar workforce. *Health Values.* 1990;14(6):14-23.  
*Less than 3 months followup*
114. Edmundson E, Parcel GS, Perry CL, et al. The effects of the child and adolescent trial for cardiovascular health intervention on psychosocial determinants of cardiovascular disease risk behavior among third-grade students. *Am J Health Promot.* 1996;10(3):217-25.  
*Less than 3 months followup*
115. Elder JP, McGraw SA, Stone EJ, et al. CATCH: process evaluation of environmental factors and programs. *Health Educ Q.* 1994;Suppl 2:S107-27.  
*No physical activity or fitness outcome*
116. Elmer PJ, Grimm R, Jr., Laing B, et al. Lifestyle intervention: results of the Treatment of Mild Hypertension Study (TOMHS). *Prev Med.* 1995;24(4):378-88.  
*Less than 3 months followup*
117. Emmons KM, Linnan LA, Shadel WG, et al. The Working Healthy Project: a worksite health-promotion trial targeting physical activity, diet, and smoking. *J Occup Environ Med.* 1999;41(7):545-55.  
*Less than 3 months followup*
118. Emmons KM, Marcus BH, Linnan L, et al. Mechanisms in multiple risk factor interventions: smoking, physical activity, and dietary fat intake among manufacturing workers. Working Well Research Group. *Prev Med.* 1994;23(4):481-9.  
*Less than 3 months followup*
119. Epstein L, Koeske R, Wing R. Adherence to exercise in obese children. *J Cardiac Rehabil.* 1984;4:185-95.  
*Fewer than 75 subjects total*

120. Epstein L, Wing R, Koeske R, et al. A comparison of lifestyle change and programmed aerobic exercise on weight and fitness changes in obese children. *Behav Ther.* 1982;13:651-65.  
*Fewer than 75 subjects total*
121. Epstein L, Wing R, Koeske R, et al. A comparison of lifestyle exercise, aerobic exercise, and calisthenics on weight loss in obese children. *Behav Ther.* 1985; 16:345-56.  
*Fewer than 75 subjects total*
122. Epstein L, Wing R, Thompson J, et al. Attendance and fitness in aerobics exercise: the effects of contract and lottery procedures. *Behav Modif.* 1980;4:465-79.  
*Fewer than 75 subjects total*
123. Epstein L, Woodall K, Goreczny A, et al. The modification of activity patterns and energy expenditure in obese young girls. *Behav Ther.* 1984;15:101-8.  
*Fewer than 75 subjects total*
124. Epstein LH, Valoski AM, Vara LS, et al. Effects of decreasing sedentary behavior and increasing activity on weight change in obese children. *Health Psychol.* 1995;14(2):109-15.  
*Fewer than 75 subjects total*
125. Eriksson J, Lindstrom J, Valle T, et al. Prevention of Type II diabetes in subjects with impaired glucose tolerance: the Diabetes Prevention Study (DPS) in Finland. Study design and 1-year interim report on the feasibility of the lifestyle intervention programme. *Diabetologia.* 1999;42(7):793-801.  
*No physical activity or fitness outcome*
126. Eriksson KF, Lindgarde F. Prevention of type 2 (non-insulin-dependent) diabetes mellitus by diet and physical exercise. The 6-year Malmo feasibility study. *Diabetologia.* 1991;34(12):891-8.  
*No physical activity intervention*
127. Estabrooks PA, Courneya KS, Nigg CR. Effect of a stimulus control intervention on attendance at a university fitness center. *Behav Modif.* 1996;20(2): 202-15.  
*Less than 3 months followup*
128. Ettinger WH, Jr., Burns R, Messier SP, et al. A randomized trial comparing aerobic exercise and resistance exercise with a health education program in older adults with knee osteoarthritis. The Fitness Arthritis and Seniors Trial (FAST). *JAMA.* 1997;277(1):25-31.  
*Less than 3 months followup*
129. Ewart CK, Young DR, Hagberg JM. Effects of school-based aerobic exercise on blood pressure in adolescent girls at risk for hypertension. *Am J Public Health.* 1998;88(6):949-51.  
*Less than 3 months followup*
130. Fardy PS, White RE, Haltiwanger-Schmitz K, et al. Coronary disease risk factor reduction and behavior modification in minority adolescents: the PATH program. *J Adolesc Health.* 1996;18(4):247-53.  
*Less than 3 months followup*
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