Getting the Most from Exercise

REFERENCES

American Diabetes Association. Physical activity/exercise and diabetes mellitus. Diabetes Care. 2003;26:S73–S77.

Anawalt BD, Merriam GR. Neuroendocrine aging in men: Andropause and somatopause. Endocrinol Metab Clin North Am. 2001 Sep;30(3):647–69.

Andersen LL, Tufekovic G, et al. The effect of resistance training combined with timed ingestion of protein on muscle fiber size and muscle strength. Metabolism. 2005 Feb;54(2):151–6.

Aniansson A, Gustafsson E. Physical training in elderly men. Clin Physio. 1981;1:87–98.

Antonio J, Stout J, eds. Sports Supplement Encyclopedia. 1st ed., Colo: Nutricia Institute of Sports Science; 2002.

Babyak M, Blumenthal JA, et al. Exercise treatment for major depression: Maintenance of therapeutic benefit at 10 months. Psychosom Med. 2000;62:633–8.

Barker GA, Green S, et al. Effect of propionyl-L-carnitine on exercise performance in peripheral arterial disease. Med Sci Sports Exerc. 2001 Sep;33(9):1415–22.

Bassit RA, Sawada LA, et al. Branched-chain amino acid supplementation and the immune response of long-distance athletes. Nutrition. 2002 May;18(5):376–9.

Baumgartner RN, Koehler KM, et al. Epidemiology of sarcopenia among the elderly in New Mexico. Am J Epidemiol. 1998;147 (8):755–63.

Beal MF. Mitochondria, oxidative damage, and inflammation in Parkinson's disease. Ann NY Acad Sci. 2003 Jun;991:120–31.

Boldyrev AA, Stvolinsky SL, et al. Biochemical and physiological evidence that carnosine is an endogenous neuroprotector against free radicals. Cell Mol Neuro. 1997;17(2):259–71.

Brass EP, Hiatt WR. The role of carnitine and carnitine supplementation during exercise in man and in individuals with special needs. J Am Coll Nutr. 1998 Jun;17(3):207–15. Review.

Bross R, Javanbakht M, et al. Anabolic interventions for aging-associated sarcopenia. Jour Clin Endo Metab. 1999;84(1):3420–30.

Buchman AL, Awal M, et al. The effect of lecithin supplementation on plasma choline concentrations during a marathon. J Am Coll Nutr. 2000 Nov;19(6):768–70.

Burcham PC, Kerr PG, et al. The antihypertensive hydralazine is an efficient scavenger of acrolein. Redox Rep. 2000;5(1):47–9.

Castell LM, et al. Does glutamine have a role in reducing infections in athletes? Eur J Appl Physiol Occup Physiol. 1996;73 (5):488–90.

Castell LM. Can glutamine modify the apparent immunodepression observed after prolonged, exhaustive exercise? Nutrition. 2002 May;18(5):371–5.

Chakravarthy MV, Joyner MJ, et al. An obligation for primary care physicians to prescribe physical activity to sedentary patients to reduce the risk of chronic health conditions. Mayo Proc. 2002 Feb;77(2):109–13.

Chrusch MJ, Chilibeck PD, et al. Creatine supplementation combined with resistance training in older men. Med Sci Sports Exer. 2001;33(12):2111–7.

Church TS, Cheng YJ, et al. Exercise capacity and body composition as predictors of mortality among men with diabetes. Diabetes Care. 2004;27:83–8.

Clapp JF III. The effects of maternal exercise on fetal oxygenation and feto-placental growth. Eur J Obstet Gynecol Reprod Biol. 2003 Sep 22;110 Suppl 1:S80–S85.

Cussler EC, Going SB, et al. Exercise frequency and calcium intake predict 4-year bone changes in postmenopausal women. Osteoporos Int. 2005 Dec;16(12):2129–41.

Elavsky S, McAuley E, et al. Physical activity enhances long-term quality of life in older adults: Efficacy, esteem, and affective influences. Ann Behav Med. 2005 Oct;30(2):138–45.

Franco OH, De Laet C, et al. Effects of physical activity on life expectancy with cardiovascular disease. Arch Intern Med. 2005 Nov 14;165(20):2355–60.

Frontera WR,et al. Strength conditioning in older men: Skeletal muscle hypertrophy and improved function. J Appl Physio. 1992;64:1038–44.

Goldney RD, Phillips PJ, et al. Diabetes, depression, and quality of life. Diabetes Care. 2004;27:1066–70.

Gotshalk LA, Volek JS, et al. Creatine supplementation improves muscular performance in older men. Med Sci Sports Exer. 2002;34(3):537–43.

Hankard RG, Haymond RW, et al. Effect of glutamine on leucine metabolism in humans. Am J Physiol. 1996 Oct;271 (4 Pt 1):E748–E754.

Hendler SS, Rorvik D. PDR for Nutritional Supplements. Montvale, NJ: Medical Economics Company; 2001.

Hipkiss AR, Michaelis J, et al. Non-enzymatic glycosylation of the dipeptide L-carnosine, a potential anti-protein-cross-linking agent. FEBS Lett. 1995;371(1):81–5.

Jonker JT, De Laet C, et al. Physical activity and life expectancy with and without diabetes: Life table analysis of the Framingham Heart Study. Diabetes Care. 2006 Jan;29(1):38–43.

Karakelides H, Sreekumaran Nair K. Sarcopenia of aging and its metabolic impact. Curr Top Dev Biol. 2005;68:123–48. Review.

Kerr D, Ackland T, et al. Resistance training over 2 years increases bone mass in calcium-replete postmenopausal women. J Bone Miner Res. 2001 Jan;16(1):175–81.

Kreider RB. Effects of creatine supplementation on performance and training adaptations. Mol Cell Biochem. 2003 Feb;244(1–2):89–94.

Laakso MP, Hiltunen Y, et al. Decreased brain creatine levels in elderly apolipoprotein E epsilon 4 carriers. J Neural Transm. 2003 Mar;110(3):267–75.

Martini FH. Fundamentals of Anatomy & Physiology. 3rd ed. Englewood Cliffs, NJ: Prentice Hall, Inc.; 1995.

Matthews RT, Yang L, et al. Neuroprotective effects of creatine and cyclocreatine in animal models of Huntington's disease. J Neurosci. 1998 Jan 1;18(1):156–63.

McFarlin BK, Flynn MG, et al. TLR4 is lower in resistance-trained older women and related to inflammatory cytokines. Med Sci Sports Exerc. 2004 Nov;36(11):1876–83.

Messier SP, Royer TD, et al. Long-term exercise and its effect on balance in older, osteoarthritic adults: Results from the Fitness, Arthritis, and Seniors Trial (FAST). J Am Geriatr Soc. 2000 Feb;48(2):131–8.

Munch G, Mayer S, et al. Influence of advanced glycation end-products and AGE-inhibitors on nucleation-dependent polymerization of beta-amyloid peptide. Biochim Bikophys Acta. 1997;1360(1):17–29.

Nagasawa T, Yonekura T, et al. In vitro and in vivo inhibition of muscle lipid and protein oxidation by carnosine. Mol Cell Biochem.

2001;225(1):29–34.

Nissen SL, Sharp RL. Effect of dietary supplements on lean mass and strength gains with resistance exercise: A meta-analysis. J Appl Physiol. 2003 Feb;94(2): 651–9.

Ohtani M, Sugita M, et al. Amino acid mixture improves training efficiency in athletes. J Nutr. 2006 Feb;136(2):538S-543S.

Parry-Billings M, Blomstrand E, et al. A communicational link between skeletal muscle, brain and cells of the immune system. Intern J Sports Med. 1990 May;11(suppl 2):S122–S128.

Rae C, Digney AL, et al. Oral creatine monohydrate supplementation improves brain performance: A double-blind, placebo-controlled, cross-over trial. Proc R Soc Lond B Biol Sci. 2003 Oct 22;270(1529):2147–50.

Rennie MJ, Low SY, et al. Amino acid transport during muscle contraction and its relevance to exercise. Adv Exp Med Biol. 1998;441:299–305.

Rochester CL. Exercise training in chronic obstructive pulmonary disease. J Rehabil Res Dev. 2003 Sep-Oct;40(5 Suppl 2):59–80.

Schechtman KB, Ory MG. The effects of exercise on quality of life of older adults: A preplanned meta-analysis of the FICSIT trials. Ann Behav Med. 2001 summer; 23(3):186–97.

Scognamiglio R, Avogaro A, et al. The effects of oral amino acid intake on ambulatory capacity in elderly subjects. Aging Clin Exp Res. 2004 Dec; 16(6):443–7.

Shimomura Y, Yamamoto Y, et al. Nutraceutical effects of branched-chain amino acids on skeletal muscle. J Nutr. 2006 Feb;136 (2):529S-532S.

Short KR, Vittone JL, et al. Impact of aerobic exercise training on age-related changes in insulin sensitivity and muscle oxidative capacity. Diabetes. 2003;52:1888–96.

Stout JR, Eckerson JM, et al. Effects of resistance exercise and creatine supplementation on myasthenia gravis: A case study. Med Sci Sports Exer. 2001 Jun;33(6):869–72.

Suh MR, Jung HH, et al. Effect of regular exercise on anxiety, depression, and quality of life in maintenance hemodialysis patients. Renal Failure. 2002;24:337–45.

Suzuki Y, Ito O, et al. High level of skeletal muscle carnosine contributes to the latter half of exercise performance during 30-s maximal cycle ergometer spring. Jap J Physiol. 2002;52(2):199–205.

Tabrizi SJ, Blamire AM, et al. Creatine therapy for Huntington’s disease: Clinical and MRS findings in a 1-year pilot study. Neurology. 2003 Jul 8;61(1):141–2.

Talbott SM. A Guide to Understanding Dietary Supplements. New York: Hayworth Press; 2003.

Tarnopolsky MA, Beal MF. Potential for creatine and other therapies targeting cellular energy dysfunction in neurological disorders. Ann Neurol. 2001 May;49(5):561–74.

Valenzuela MJ, Jones M, et al. Memory training alters hippocampal neurochemistry in healthy elderly. Neuroreport. 2003 Jul 18;14 (10):1333–7.

Vitartaite A, Vainoras V, et al. The influence of aerobic exercise to cardiovascular functional parameters to 30–40 year old women. Medicina. 2004;40:451–8.

Wang AM, Ma C, et al. Use of carnosine as a natural anti-senescence drug for human beings. Biochem. 2000;65(7):869–71.

Watanabe A, Kato N, et al. Effects of creatine on mental fatigue and cerebral hemoglobin oxygenation. Neurosci Res. 2002 Apr;42 (4):279–85.

Workman J. Stop Your Cravings: A Balanced Approach to Burning Fat, Increasing Energy, and Reducing Stress. New York: Free Press; 2002.

Wyss M, Schulze A. Health implications of creatine: Can oral creatine supplementation protect against neurological and atherosclerotic disease? Neuroscience. 2002;112(2):243–60.

Yeo RA, Hill D, et al. Developmental instability and working memory ability in children: A magnetic resonance spectroscopy investigation. Dev Neuropsychol. 2000;17(2):143–59.

Yuneva MO et al. Effect of carnosine on age-induced changes in senescence-accelerated mice. J Anti-aging Med. 1999;2(4):337–42.