

**<CONTENTS> RESEARCH IN EXERCISE EPIDEMIOLOGY Vol.14 No.1**

**Preface**

Ryoichi Nagatomi  
(Graduate School of Biomedical Engineering, Tohoku University)

**Review Article**

Physical Activity, Exercise and Non-Communicable Diseases ..... 1

Edward Archer, et al.  
(University of South Carolina)

Exercise Intervention and Energy Balance - Is Exercise Beneficial for Weight Control ? - ..... 20

Miki Eto, et al.  
(Graduate School of Comprehensive Human Sciences, University of Tsukuba)

**Original Article**

Reference Values of the Maximal Oxygen Uptake on "Exercise and Physical Activity Reference for Health Promotion 2006" and Mortality: A Cohort Study among Japanese Male Workers ..... 29

Susumu S. Sawada, et al.  
(Health Promotion Center, Tokyo Gas Co., Ltd.)

Associations of Family and Neighborhood Environments with Outside Playing Time and Screen Time on Weekdays of Preschool Children in Japan ..... 37

Etsuko Watanabe, et al.  
(Graduate School of Medicine, The University of Tokyo)

**Series**

Physical activity cohort studies in Japan (2)  
Overview of Japan Arteriosclerosis Longitudinal Study (JALS) ..... 47

Yoshihiko Naito  
(Mukogawa Women's University)

The 14th annual conference of the Japanese Association of Exercise Epidemiology

【Educational Lecture】 Evaluation Methods of Physical Activity in Epidemiological Study ..... 59

Yuko Oguma  
(Sports Medicine Research Center & Graduate School of Health Management, Keio University)

【Symposium: Epidemiological Research on Physical Activity,  
Fitness and Health among Japanese and the Future Issues】

Exercise Epidemiologic Studies in Adult Health Study ..... 60

Hideo Sasaki, et al.  
(Radiation Effects Research Foundation,  
Hiroshima A-bomb Casualty Council Health Management & Promotion Center)

Hisayama Study ..... 61

Shuzo Kumagai  
(Laboratory of Health and Exercise Epidemiology, Institute of Health Science, Kyushu University)

The Nakanojo Study in an International Perspective .....	63
Yukitoshi Aoyagi	
(Exercise Sciences Research Group, Tokyo Metropolitan Institute of Gerontology)	
Nutrition and Exercise Intervention Study and Saku Control Obesity Program .....	64
Motohiko Miyachi	
(National Institute of Health and Nutrition)	
<b>【Oral Presentations】</b> .....	65
<b>R/E/P/O/R/T</b>	
The 12th Seminar of Exercise Epidemiology.....	72
<b>Information</b>	