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Supervised Exercise—Based Intervention to Prevent Excessive Gestational Weight Gain: A Randomized Controlled Trial

Jonatan R. Ruiz, Maria Perales, Mireia Pelaez, Carmina Lopez, Alejandro Lucia, and Ruben Barakat

The effects seemed to be more pronounced in normal weight women, although overweight or obese women can also benefit from prenatal exercise.


Edward Archer, Gregory A. Hand, James R. Hébert, Erica Y. Lau, Xuewen Wang, Robin P. Shook, Raja Fayad, Carl J. Lavie, and Steven N. Blair

Given the results of this study and the exceedingly sedentary nature of the US population, “move more and sit less” is sound, empirically supported advice.

Characteristics and Outcomes of Patients Who Achieve High Workload (≥10 Metabolic Equivalents) During Treadmill Exercise Echocardiography

Nowell M. Fine, Patricia A. Pellikka, Christopher G. Scott, S. Michael Gharacholou, and Robert B. McCully

This study reaffirms that patients who achieve a workload of 10 or more metabolic equivalents during exercise testing have an excellent prognosis.

Protective Role of Resting Heart Rate on All-Cause and Cardiovascular Disease Mortality

Arpit Saxena, Dawn Minton, Duck-chul Lee, Xuemei Sui, Raja Fayad, Carl J. Lavie, and Steven N. Blair

Lower resting heart rate is related to lower all-cause and cardiovascular disease mortality, and higher levels of cardiorespiratory fitness may further enhance this association.

Use of Functional Aerobic Capacity Based on Stress Testing to Predict Outcomes in Normal, Overweight, and Obese Patients

Muaz Abudiab, Bilal Aijaz, Tomas Konceny, Stephen L. Kopecky, Ray W. Squires, Randal J. Thomas, and Thomas G. Allison

Patients with functional aerobic capacity below 80% of predicted had a significant increase in mortality in all body mass index groups in this study.

Physical Activity, Quality of Life, and Burnout Among Physician Trainees: The Effect of a Team-Based, Incentivized Exercise Program

Christopher J. Weight, Jacob L. Sellon, Collette R. Lessard-Anderson, Tait D. Shanafelt, Kerry D. Olsen, and Edward R. Laskowski

Sedentary lifestyle, poor quality of life, and burnout are prevalent and possibly interrelated problems among residents and fellows.

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Icon Key

This article has been given “Editor’s Choice” distinction.

An author interview accompanies this article.

This article is online only at www.mayoclinicproceedings.org.

Supplemental material accompanies this article at www.mayoclinicproceedings.org.

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