

## Exercise: References and Resources



### **National Physical Activity Guidelines**

Department of Health and Ageing (1999) National Physical Activity Guidelines for Australians, Canberra.

<http://fulltext.ausport.gov.au/fulltext/1999/feddep/physguide.pdf>

### **Australian Association of Exercise Sports Science**

Directory and information about exercise physiologists.

<http://www.aaess.com.au>

### **Lifescrpts: Advice for Healthy Living**

Australian Government: Department of Health and Ageing initiative to assist GPs with managing lifestyle-related chronic disease risk factors, including inactivity.

Resources include a brief physical activity assessment and physical activity prescription.

<http://www.health.gov.au/lifescrpts>

### **Further resources**

- Bluepages © 2001. The Centre for Mental health Research, The Australian National University  
<http://bluepages.anu.edu.au/home>
- “Get Active” information and online directory for NSW <http://www.dsr.nsw.gov.au/active>
- “Live Life Well” information and resources for NSW  
<http://www.livelifewell.nsw.gov.au>
- “Just Walk It” information about walking groups  
[http://www.heartfoundation.org.au/Healthy\\_Living/Physical\\_Activity/Walking.htm](http://www.heartfoundation.org.au/Healthy_Living/Physical_Activity/Walking.htm)
- Healthy Brain Program  
[http://www.brainaustralia.org.au/healthy\\_brain](http://www.brainaustralia.org.au/healthy_brain)

### **Journal articles**

- Australian Bureau of Statistics (2006). Physical activity in Australia: A snapshot 2004-05. 4835.0.55.001
- Babyak B, Blumenthal JA, Herman S, et al (2000). Exercise treatment for major depression: Maintenance of therapeutic benefit at 10 months. *Psychosomatic Medicine*, 62: 633-638.
- Blumenthal JA, Babyak MA, Doraiswamy M, et al (2007). Exercise and pharmacotherapy in the treatment of major depressive episode. *Psychosomatic Medicine*, 69: 587-596.
- Doyne EJ, Ossip-Klein DJ, Bowman ED et al (1987). Running versus weight lifting in the treatment of depression. *Journal of Consulting Clinical Psychology*, 55(5): 748-754.
- Singh NA, Stavrinou TM, Scarbek Y, (2005). A randomized controlled trial of high versus low intensity weight training versus general practitioner care for clinical depression in older adults. *Journal of Gerontology. Series A: Biological Sciences & Medical Sciences*, 60A, 768-776.
- Smith BJ, van der Ploeg HP, Buffart LM (2008). Encouraging physical activity: Five steps for GPs. *Australian Family Physician*, 37(1/2): 24-28.
- Stathopoulou G, Powers MB, Berry AC, et al (2006). Exercise interventions for mental health: A quantitative and qualitative review. *Clinical Psychology: Science and Practice*, 13: 179-193.