



Cover: Vicky Earle. Photograph: Mari Ekjoe/nxtri.com

Journal of the British Association of Sport and Exercise Medicine

**Editor**  
Karim Khan (Qatar)

**Editorial Office**  
BMJ Publishing Group Ltd  
BMA House  
Tavistock Square  
London WC1H 9JR, UK

T: +44 (0)20 7383 6622  
F: +44 (0)20 7383 6787/6668  
E: [bjsm@bmj.com](mailto:bjsm@bmj.com)  
Twitter: @BJSM\_BMJ

**Guidelines for Authors and Reviewers**

Full instructions are available online at <http://bjsm.bmj.com/site/about/guidelines.xhtml>. Articles must be submitted electronically <http://mc.manuscriptcentral.com/bjasm>.

Authors retain copyright but are required to grant BJSM an exclusive licence to publish <http://group.bmj.com/products/journals/instructions-for-authors/licence-forms>

ISSN: 0306-3674 (print)  
ISSN: 1473-0480 (online)

**Impact factor:** 4.171

**Disclaimer:** BJSM is published by BMJ Publishing Group Ltd (a wholly owned subsidiary of the British Medical Association) and the British Association of Sport and Exercise Medicine. The owners grant editorial freedom to the Editor of BJSM. BJSM follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics.

BJSM is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the British Association of Sport and Exercise Medicine or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of Heart or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

To the fullest extent permitted by law, the BMJ Publishing Group Ltd shall not be liable for any loss, injury or damage resulting from the use of BJSM or any information in it whether based on contract, tort or otherwise. Readers are advised to verify any information they choose to rely on.

Copyright: © 2015 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission

BJSM is published by BMJ Publishing Group Ltd, typeset by Techset, and printed in the UK on acid-free paper.

*British Journal of Sports Medicine* (ISSN: 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to British Journal of Sports Medicine, Air Business Ltd, c/o Worldnet Shipping Inc., 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

**Warm up**

**701** Striking the balance between too little and too much physical activity  
*H M Berge, B Clarsen*

**Editorials**

**702** Increased life expectancy for physically active Norwegians  
*E Berge*

**703** BJSM education to improve your ECG reading skills  
*B M Plum, J A Drezner*

**Reviews**

**705** Sedentary behaviour and the risk of depression: a meta-analysis  
*L Zhai, Y Zhang, D Zhang*

**710** Is there evidence that walking groups have health benefits? A systematic review and meta-analysis  
*S Hanson, A Jones*

**716** Blood pressure and hypertension in athletes: a systematic review  
*H M Berge, C B Isern, E Berge*

**724** The right ventricle following prolonged endurance exercise: are we overlooking the more important side of the heart? A meta-analysis  
*A D Elliott, A La Gerche*

**Original articles**

**730** Change in objectively measured physical activity during the transition to adolescence  
*K Corder, S J Sharp, A J Atkin, S J Griffin, A P Jones, U Ekelund, E M F van Sluijs*

**737** Sedentary behaviour and risk of mortality from all-causes and cardiometabolic diseases in adults: evidence from the HUNT3 population cohort  
*J Y Chau, A Grunseit, K Midthjell, J Holmen, T L Holmen, A E Bauman, H P Van der Ploeg*

**743** Increases in physical activity is as important as smoking cessation for reduction in total mortality in elderly men: 12 years of follow-up of the Oslo II study  
*I Holme, S A Anderssen*

**749** Turning the tide: national policy approaches to increasing physical activity in seven European countries  
*F Bull, K Milton, S Kahlmeier, A Arlotti, A B Junčan, O Belander, B Martin, E Martin-Diener, A Marques, J Mota, T Vasankari, A Vlasveld*

**757** Cardiovascular evaluation of middle-aged individuals engaged in high-intensity sport activities: implications for workload, yield and economic costs  
*A Menafoglio, M Di Valentino, A P Porretta, P Foglia, J-M Segatto, P Siragusa, R Pezzoli, M Maggi, G A Romano, G Moschovitis, A Gallino*

**Mobile App User Guides**

**762** Get Set: prevent sports injuries with exercise!  
*E Verhagen*

**Subscription information**

*British Journal of Sports Medicine* is published monthly; subscribers receive all supplements

**Institutional rates 2015**

**Print**  
£728; US\$1420; €983

**Online**  
Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://group.bmj.com/subscribe/?bjsm> or contact the Subscription Manager in the UK

**Personal rates 2015**

**Print** (includes online access at no additional cost)  
£254; US\$496; €343

**Online only**  
£150; US\$293; €203

ISSN 0306-3674 (print); 1473-0480 (online)  
Personal print or online only and institutional print subscriptions may be purchased online at <http://group.bmj.com/subscribe/?bjsm> (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or visit [www.bmj.com/subscriptions/vatandpaymentinfo.dtl](http://www.bmj.com/subscriptions/vatandpaymentinfo.dtl)



Receive regular table of contents by email. Register using this QR code.



This article has been chosen by the Editor to be of special interest or importance and is freely available online.

This article has been made freely available online under the BMJ Journals Open Access scheme. See <http://bjsm.bmj.com/site/about/guidelines.xhtml#open>



This journal is a member of and subscribes to the principles of the Committee on Publication Ethics  
[www.publicationethics.org.uk](http://www.publicationethics.org.uk)

