

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief

Karim Khan (Canada)

Editors

Babette Pluim (Netherlands) Kay Crossley (Australia) Emmanuel Stamatakis (Australia)

Editorial Office

BMJ Publishing Group Ltd **BMA** House Tavistock Square London WC1H 9JR. UK E: bjsm@bmj.com Twitter: @BJSM BMJ

Guidelines for Authors and Reviewers

Full instructions are available online at http://bjsm.bmj.com/pages/authors/. Articles must be submitted electronically http://bism.bmi.com/pages/authors/. Authors retain copyright but are required to grant BJSM an exclusive licence to publish (http://authors.bmj.com/ submitting-your-paper/copyright-andauthors-rights/).

ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) **Impact factor:** 7.867

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.

Copyright: © 2019 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 Exeter Premedia Services Private Ltd. Chennai, India and printed in the UK on acid-free

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 WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434 USA

Warm up

Knowledge and global health: reducing the 845 burden of non-communicable diseases using physical activity S Aspinall, A Munro

Editorials

Better than what? Comparisons in low back pain clinical trials

> M J Travers, M K Bagg, W Gibson, K O'Sullivan, T S Palsson

- 848 Should exercise be considered as an alternative to drug treatment in patients with low-risk mild hypertension? J P Sheppard
- 849 Exercise measures up to medication as antihypertensive therapy: its value has long been underestimated L S Pescatello
- 852 Sitting behaviour and physical activity: two sides of the same cardiovascular health coin? E Stamatakis, J M R Gill
- 853 Importance of both increasing physical activity and reducing sitting time H Arem, C E Matthews
- Out-running 'bad' diets: beyond weight loss there is clear evidence of the benefits of physical activity S M Phillips, M J Joyner

Consensus statement

Ø

Copenhagen Consensus statement 2019: physical activity and ageing



I Bangsbo, J Blackwell, C-J Boraxbekk, P Caserotti, F Dela, A B Evans, A P Jespersen, L Gliemann, A F Kramer, I Lundbye-Jensen, E L Mortensen, A J Lassen, A J Gow, S D R Harridge, Y Hellsten, M Kjaer, U M Kujala, R E Rhodes, E C J Pike, T Skinner, T Skovgaard, J Troelsen, E Tulle, M A Tully, I G Z van Uffelen, I Viña

Systematic reviews



How does exercise treatment compare with antihypertensive medications? A network meta-analysis of 391 randomised controlled trials assessing exercise and medication effects on systolic blood pressure H Naci, M Salcher-Konrad, S Dias, M R Blum, S A Sahoo, D Nunan, J P A Ioannidis

870 Cycling is associated with a lower incidence of cardiovascular diseases and death: Part 1 – systematic review of cohort

studies with meta-analysis

S Nordengen, L B Andersen, A K Solbraa, A Riiser

879 Cycling and cardiovascular disease risk factors including body composition, blood lipids and cardiorespiratory fitness analysed as continuous variables: Part 2—systematic review with meta-analysis

S Nordengen, L B Andersen, A K Solbraa, A Riiser

Subscription information

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

Institutional rates 2019

Print £888

Online Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://journals.bmj.com/content/subscribers?bjsm

Personal rates 2019

Print (includes online access at no additional cost) £311

Online only £184

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 http://journals.bmj. com/content/subscribers?bjsm

MORE CONTENTS ▶



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





The online version of this article contains multiple choice questions hosted on BMJ Learning.

886 Do the associations of sedentary behaviour with cardiovascular disease mortality and cancer mortality differ by physical activity level? A systematic review and harmonised meta-analysis of data from 850 060 participants U Ekelund, W J Brown, J Steene-Johannessen, M W Fagerland, N Owen, K E Powell, A E Bauman, I-M Lee

Original article

Increased leisure-time physical activity associated with lower onset of diabetes in 44 828 adults with impaired fasting glucose: a population-based prospective cohort study X Q Lao, H-B Deng, X Liu, T-C Chan, Z Zhang, L Chang, E-K Yeoh, T Tam, M C S Wong, G N Thomas

Infographics

901 Infographic. What interventions can improve quality of life or psychosocial factors of individuals with knee osteoarthritis? A systematic review with meta-analysis of primary outcomes from randomised controlled trials

> R V Briani, A S Ferreira, M F Pazzinatto, E Pappas, D De Oliveira Silva, F M de Azevedo

903 Infographic. Walking on sunshine: scoping review of the evidence for walking and mental health

P Kelly, C Williamson, R Hunter, A G Niven, N Mutrie, J Richards

Bright spots

905 Bright sports, physical activity investments that work: implementing brain breaks in Malaysian primary schools

G Kuan, H Rizal, M S Hajar, M-K Chin, M M C Mok

Education reviews

907 Musculoskeletal pain and exercise—challenging existing paradigms and

introducing new

B E Smith, P Hendrick, M Bateman, S Holden, C Littlewood, T O Smith, P Logan

Letter in response to

914 STOPS trial versus Costa *et al*: a more accurate analysis

JJ Ford, AJ Hahne, LD Surkitt, AYP Chan, MC Richards, SL Slater, TPizzari, MDavidson, NF Taylor