



25 February 2010

**Canadian Society for Exercise Physiology
Société Canadienne de Physiologie de l'Exercice**

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Roni Jamnik
e-mail: ronij@yorku.ca

Dear Ms. Jamnik,

Re: Request for permission to reprint CSEP-copyrighted materials - CPAFLA

Thank you for your e-mail of 17 January 2010. Permission is hereby granted to reproduce the CSEP-copyrighted component(s) outlined below in your upcoming journal article, "Applying the Specificity Principle in Health-Related Fitness Training," to be submitted for publication in the *Health and Fitness Journal of Canada*, in 2010. There is no charge for this use of our copyrighted material.

Figure 1-3: Dose-Response Relationship for Health Benefits and Volume of Physical Activity Participation, p.1-4

Please use the following acknowledgement line for the above item:

"Source: Canadian Physical Activity, Fitness & Lifestyle Approach: CSEP-Health & Fitness Program's Health-Related Appraisal & Counselling Strategy, Third Edition, © 2003. Adapted with permission from the Canadian Society for Exercise Physiology."

Thank you for your interest. All the best with your publication.

Sincerely,

A handwritten signature in black ink, appearing to read 'C. Akben-Marchand', with a long, sweeping line extending from the end of the signature towards the right.

Charles Akben-Marchand
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