Health & Fitness Journal

of Canada

Copyright © 2010 by the CSEP Health & Fitness Program of BC Volume 3 June 30, 2010 Number 1 **Table of Contents Title Page** 1 2 **Table of Contents** 3 The Editor's Welcome Shannon S.D. Bredin ORIGINAL ARTICLES Health-related Quality of Life of Habitual Recreational Off-Road 4-11 Vehicle Riders Jamie Burr, Veronica Jamnik, and Norman Gledhill **Comparing Enjoyment and Perceived Exertion Between Equivalent** 12-18 **Bouts of Physically Interactive Video Gaming and Treadmill Walking** Lisa Janzen Leininger, Michael G. Coles, and Jenelle N. Gilbert NARRATIVE REVIEW 19-24 Alternate Forms of Physical Activity: Are Activity-Promoting Video Games an Effective Form of Energy Expenditure? Andrew Woods and Veronica Jamnik THE PRACTITIONER'S CORNER 25-30 **Applying the Specificity Principle in Health-Related Fitness Training** Carina Shortliffe and Veronica K. Jamnik 31-38 Physical Activity and Medications: Important Considerations for Fitness and Exercise Professionals A. Fuite, Michael C. Riddell and Veronica Jamnik **OUR PERSPECTIVE** 39-42 **Observations from an Outlier Brad Zdanivsky COMMENTARY** Lessons Learned from an Outlier 43-46 Darren E. R. Warburton