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ORIGINS OF THE LABORATORY RAT; COMPREHENSIVE DATABASES OF RODENT MODELS; RODENT MODELS OF EXERCISE AND OBESITY; THE ORIGINS OF RESEARCH IN EXERCISE PERFORMANCE; EXERCISE PROTOCOLS USING RATS AND MICE; THE STUDY OF ATROPHY AND EXERCISE RECOVERY; MODELS OF IMMOBILIZATION AND INACTIVITY ANIMAL MODELS OF EXERCISE IN NURSING RESEARCH EXERCISE-INDUCED RODENT MODEL OF THERMOREGULATION; ANIMAL MODELS OF OBESITY; HUMAN DISEASE AND ANIMAL MODELS OF OBESITY; CONCLUSION; REFERENCES; CHAPTER 2: Thermoregulation; ABSTRACT; INTRODUCTION; FEVER: HISTORICAL PERSPECTIVE; CYTOKINES ARE ENDOGENOUS MEDIATORS OF FEVER; Interleukin-1; IL-1 and Psychological Stress; IL-1 and PGE<sub>2</sub>; IL-1 and CRF; Tumor Necrosis Factor; Interferon; Interleukin-6; CYTOKINES-INDUCED ACUTE PHASE CHANGES; Cytokines, Blood Brain Barrier, and Fever; Blood Brain Barrier; Cytokines and the Prostaglandin (PGE<sub>2</sub>) Pathway Hypothalamus and Effector Mechanisms ENDOGENOUS CORTICOTROPIN RELEASING FACTOR AND FEVER; Endogenous Antipyretics; THE ADAPTIVE VALUE OF FEVER; ACUTE EXERCISE CAUSES A CHANGE IN CORE TEMPERATURE SET-POINT; The Role of Conditioning From Long-Term Exercise; Impact of Exercise Conditioning on Cardiovascular Disease; ACKNOWLEDGMENTS; REFERENCES; CHAPTER 3: Overweight and Obesity in Youth With Type 1 Diabetes; ABSTRACT; INTRODUCTION; BACKGROUND; Epidemiology of Diabetes in Youth; Role of Physical Activity and Lifestyle Factors in Youth; METHODS; RESULTS; SUMMARY AND IMPLICATIONS Implications for Future Research and Practice ACKNOWLEDGMENTS; REFERENCES; CHAPTER 4: Physical Activity Intervention Studies and Their Relationship to Body Composition in Healthy Women; ABSTRACT; PHYSICAL ACTIVITY INTERVENTION STUDIES AND THEIR RELATIONSHIP TO BODY COMPOSITION IN HEALTHY WOMEN; BACKGROUND; Obesity; Physical Activity; Systematic Reviews of Physical Activity Interventions; METHODS; Design and Sample; Measures; Analytic Strategy; RESULTS; Sample Characteristics and Setting; Intervention Characteristics; Physical Activity Without Diet; Physical Activity With Diet Characteristics of the Study Physical Activity and Body Composition Measures Physical Activity Without; Physical Activity With Diet; Intervention Effects; Physical Activity Without Diet; Physical Activity With Diet; Relationship Between Physical Activity and Body Composition; DISCUSSION; Intervention Effects; Measurement; Theoretical Approaches; Public Health Implications; Dissemination; Limitations; CONCLUSION; ACKNOWLEDGMENTS; REFERENCES; CHAPTER 5: The Effects of Exercise During Pregnancy; ABSTRACT; INTRODUCTION; Social Meaning of Pregnancy-Sociological, Feminist View Physical Activity and Exercise

## Sommario/riassunto

Annual Review of Nursing Research. Volume 31, 2013. Exercise in Health and Disease. CHRISTINE E. KASPER, PhD, RN, FAAN. Series Editor. BARBARA SMITH. Volume Editor. This landmark annual review has provided nearly three decades of knowledge, insight, and research on topics critical to nurses everywhere. The purpose of this annual review is to critically examine the full gamut of literature on key topics in nursing practice, including nursing theory, care delivery, nursing education, and the professional aspects of nursing. Previously edited by legendary leaders in the field of nursing, Joyce Fi