

To the Editors of "Research in Exercise Epidemiology"

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Congratulations to the exercise scientists and sports medicine professionals who have established the Japanese Association of Exercise Epidemiology and now publish the journal "Research in Exercise Epidemiology." These are outstanding accomplishments for which you should be rightfully proud. We look forward to research achievements from members of the Association and to their publication in the Journal.

Only in the last half century have quantitative data been collected from observations in occupational settings, in performance of personal chores, and in participation of leisure-time behaviors to provide the evidence that upholds the concept of physical activity for health. Through epidemiological observations we have come to know that physical activity protects against the development of coronary heart diseases, stroke, hypertension, obesity, diabetes, osteoporosis, and some cancers. In addition, physical activity improves functional capacity and delays the infirmities of old age.

The question now are what kinds, how much, how intense, and for whom should physical activity be prescribed for optimal health? It is the Japanese scientists, and particularly those young men and women who will apply epidemiological methods, that will help attack these questions. Using step counting and speed of walking as measures of quantity and intensity of energy expenditure will provide unique and profitable approaches to the questions. I hope that working together, Japanese men and women who are trained in genetics, molecular biology, physiology, kinesiology, clinical medicine, and other aspects of sports medicine and exercise science will assist epidemiologists in identifying ways to lower risk of diseases occurrence. I look forward to Japanese scientists providing leadership in exploring the interactions and integration of heredity, nutrition, and physical activity that will both prevent specific diseases and can be used effectively to treat such conditions.

Again my congratulations and thanks for your scientific accomplishments, and my best wishes for successful and productive research careers.