



## Hjärta & hjärna: På gymmet

### KÄLLOR, KONTAKT OCH ÖVRIG INFORMATION

#### KÄLLOR:

1. Livsmedelsverket. Protein – hur mycket är lagom?
2. SBU. Osteoporos – prevention, diagnostik och behandling
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4. SBU. (2013). Fysisk träning vid depression. SBU-kommentar
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6. Josefsson, T., Lindwall, M., & Archer, T. (2014). Physical exercise intervention in depressive disorders: Meta-analysis and systematic review. *Scandinavian journal of medicine & science in sports*, 24(2), 259–272.
7. Schuch, F. B., Vancampfort, D., Richards, J., Rosenbaum, S., Ward, P. B., & Stubbs, B. (2016). Exercise as a treatment for depression: A meta-analysis adjusting for publication bias. *Journal of psychiatric research*, 77, 42–51.
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9. Hamer, M., Stamatakis, E., & Steptoe, A. (2009). Dose-response relationship between physical activity and mental health: the Scottish Health Survey. *British journal of sports medicine*, 43(14), 1111–1114.



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11. Herbert, R. D., de Noronha, M., & Kamper, S. J. (2011). Stretching to prevent or reduce muscle soreness after exercise. *Cochrane Database of Systematic Reviews*, (7).

### **KONTAKTA REDAKTIONEN:**

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