

# Contents

<i>Otto Wolff von Amerongen</i>	
Foreword .....	9
<i>Series Editors Club of Cologne</i>	
Foreword .....	11
<i>Ralph S. Paffenbarger, Jr. /I-Min Lee</i>	
Age-Specific Physical Activities and Other Lifeway Patterns Influencing Health and Longevity .....	13
<i>Tuomo Rankinen /Louis Pérusse /Claude Bouchard</i>	
Genetic Aspects of Physical Activity, Cardiorespiratory Fitness and the Response to Regular Exercise .....	27
<i>Bente Klarlund Pedersen</i>	
Physical Activity and the Immune System – for the Better and the Worse .....	61
<i>Wildor Hollmann /Heiko K. Strüder</i>	
Brain, Psyche, Mind and Muscular Activity .....	87
Authors Biographies .....	115