

## Erratum

### Int. J. Sports Med. 11 (1990) 425–432: Suter et al., Effects of Self-Monitored Jogging on Physical Fitness, Blood Pressure and Serum Lipids: A Controlled Study in Sedentary Middle-Aged Men

Tables 2, 3, 4 and 5 have been inadvertently printed with wrong signs. The correct tables are reproduced below.

**Table 2** 4-month changes from baseline values for exercise and control group: physical activity and anthropometry

	Exercise	Control	Net change	95% confidence interval	significance (p)
<i>Physical activity</i>					
Leisure-time physical activity <sup>a</sup>	0.72	-0.27	0.99	0.51; 1.47	0.000
7-day recall <sup>b</sup>	1513	322	1191	-227; 2609	0.98
Endurance capacity <sup>c</sup>	-54.2	-22.3	-31.9	-44.6; -19.1	0.030
Resting heart rate (/min)	-3.5	1.3	-4.8	-8.4; -1.1	0.011
Alcohol consumption <sup>d</sup>	-0.05	0.00	-0.05	-1.03; 0.93	0.75
<i>Anthropometry</i>					
Body mass index (kg/m <sup>2</sup> )	-0.08	0.12	-0.20	-0.43; 0.03	0.10
Sum of four skin-folds <sup>e</sup>	-1.92	0.89	-2.81	-6.04; 0.42	0.09
Percent body fat <sup>f</sup>	-1.30	-0.22	-1.08	-2.71; 0.54	0.19
Waist-hip-ratio	-0.006	0.014	-0.020	-0.03; -0.01	0.001

<sup>a</sup>6-level scale from "hardly no physical activity" to "very hard regular exercise"

<sup>b</sup>Index units, corresponding to energy expenditure in kcal per week

<sup>c</sup>Area below the running speed (from 10 to 15 km/h) - heart rate curve during a standardized running test on a 400-m track (beats/min km<sub>10-15/h</sub>); lower values indicate better endurance capacity

<sup>d</sup>6-level scale from "never" to "more than twice daily"

<sup>e</sup>Suprailiacal, subscapular, triceps, radial

<sup>f</sup>As estimated from bioelectrical impedance.

**Table 3** 4-month changes from baseline values for exercise and control group: cardiovascular risk factors

	Exercise	Control	Net change	95% confidence interval	Significance (p)
Systolic blood pressure (mmHg)	-3.4	-5.9	2.5	-1.3; 6.3	0.42
Diastolic blood pressure (mmHg)	-2.1	0.4	-2.4	-6.8; 1.8	0.28
Total cholesterol (mmol/l)	-0.38	-0.37	-0.01	-0.48; 0.45	0.96
HDL-C (mmol/l)	0.08	-0.04	0.12	0.00; 0.22	0.028
Total triglycerides (mmol/l)	-0.28	-0.07	-0.21	-0.54; 0.12	0.21
HDL-C/total cholesterol ratio	0.031	0.008	0.023	0.00; 0.05	0.047

**Table 4** Correlations of 4-month changes in endurance capacity, physical activity and anthropometric characteristics vs 4-month changes in cardiovascular risk factors in exercisers (n = 39)

	$\Delta$ Endurance capacity <sup>a</sup>	$\Delta$ Phys. activity (7-day recall)	$\Delta$ Body mass index	$\Delta$ Percent body fat	$\Delta$ Waist-hip ratio
$\Delta$ Systolic blood pressure	.49**	-.08	-.05	-.06	.13
$\Delta$ Diastolic blood pressure	.43**	.03	-.04	.20	.27*
$\Delta$ Total cholesterol	-.01	.06	.04	.30*	.14
$\Delta$ HDL-C	.28*	.16	-.29*	-.24	.05
$\Delta$ HDL-C/total cholesterol	.17	.32*	-.12	-.51***	.03
$\Delta$ Total triglycerides	-.23	.01	.07	.39**	.32*

\*p < 0.05; \*\*p < 0.01; \*\*\*p < 0.001

<sup>a</sup>sign was changed for correlational analyses, i. e. positive values for  $\Delta$  endurance capacity indicate increases in endurance capacity, and vice versa; correlations with  $\Delta$  endurance capacity are based on 30 observations

Intercorrelations of changes in physical activity (7-day recall) with changes in anthropometric measures:

$\Delta$  Physical activity –  $\Delta$  percent body fat  $r = -0.31^*$

$\Delta$  Physical activity –  $\Delta$  waist-hip ratio  $r = -0.28^*$

all other intercorrelations not significant.

**Table 5** Multiple linear regression of 4-month changes in blood pressure on changes in endurance capacity, physical activity and anthropometric characteristics in exercisers

	$\Delta$ Diastolic blood pressure			$\Delta$ Systolic blood pressure		
	SRC <sup>a</sup>	p	cum. R <sup>2</sup>	SRC <sup>a</sup>	p	cum. R <sup>2</sup>
<i>Model without anthropometric characteristics</i>						
$\Delta$ Endurance capacity	0.43	.019		0.49	.007	
$\Delta$ Physical activity (7-day recall)	0.06	.743	19.0%	-0.07	.693	24.4%
<i>Model with anthropometric characteristics</i>						
$\Delta$ Endurance capacity	0.51	.006		0.50	.010	
$\Delta$ Physical activity (7-day recall)	0.18	.284		-0.07	.717	
$\Delta$ Body mass index	—			0.07	.726	
$\Delta$ Waist-hip ratio	0.28	.110		0.08	.668	
$\Delta$ Percent body fat	0.31	.083	35.7%	—		25.6%

<sup>a</sup>standardized regression coefficient.