

# American Journal of Preventive Medicine

## INFORMATION FOR CATEGORY 1 CME CREDIT

### Physical Activity and Anxiety: A Systematic Review and Meta-analysis of Prospective Cohort Studies

Cillian P. McDowell, PhD, Rodney K. Dishman, PhD, Brett R. Gordon, MSc, Matthew P. Herring, PhD

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This article has been chosen to participate in the AJPM CME program. Please read and follow the instructions below:

#### Educational objectives

After reading this article, the learner should be able to:

1. Describe the relation between physical activity and anxiety outcomes.
2. Articulate some of the strengths and limitations of the current evidence base.
3. Define the minimum amount of physical activity recommended by the World Health Organization.

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#### Term of approval

October 2, 2019–October 2, 2022

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