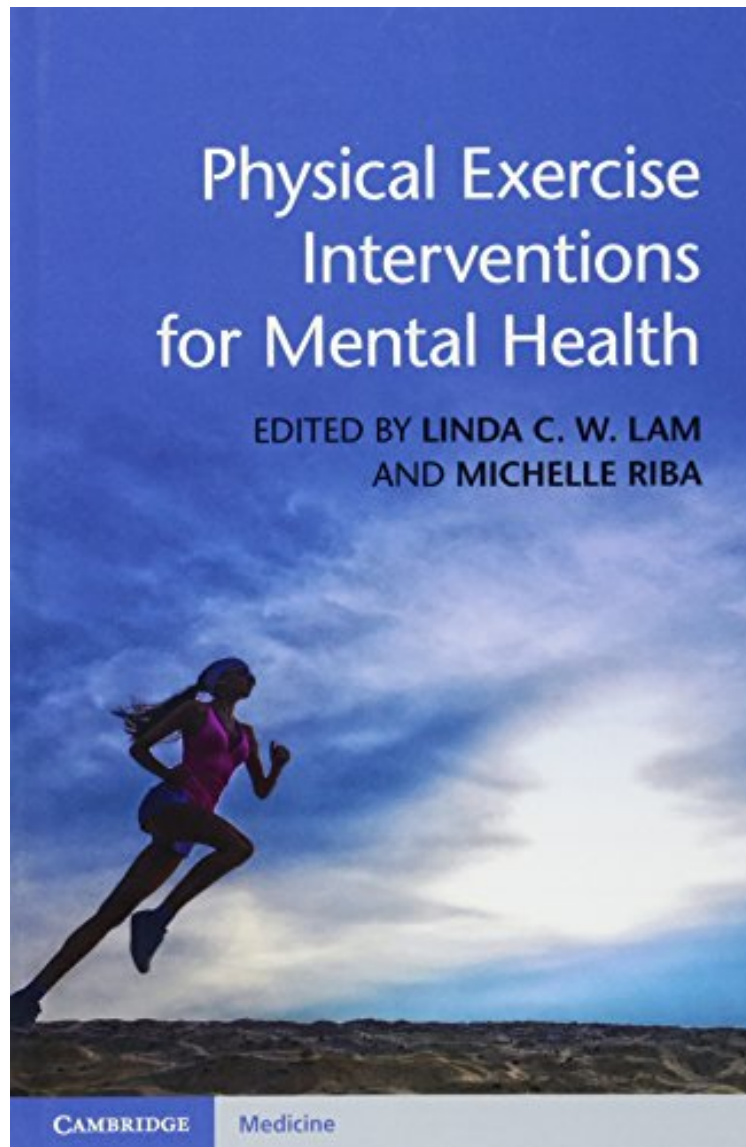



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Exercise is well known to be beneficial to physical health; however, increasing research indicates that physical

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About the AuthorLinda C. W. Lam is Professor and Chairman at the Department of Psychiatry, Chinese University of Hong Kong (CUHK). She is the immediate past President of the Hong Kong College of Psychiatrists. She is also the past Chief Editor of the East Asian Archives of Psychiatry, and founding President of the Chinese Dementia Research Association in 2009. Michelle Riba is Professor and Associate Chair for Integrated Medical and Psychiatric Services at the Department of Psychiatry, University of Michigan, and the Director of the PsychOncology Program at the University of Michigan Comprehensive Cancer Center. She also serves as Associate Director of the University of Michigan Comprehensive Depression Center. She is past President of the American Psychiatric Association, the American Association of Directors of Psychiatry Residency Training, and the Association of Academic Psychiatry. Dr Riba is currently serving as Secretary for Scientific Publications for the World Psychiatric Association.