- 1. Weir K (2018). Life-saving relationships. The American Psychological Association, 49(3), accessed on 10/19/2021 at https://www.apa.org/monitor/2018/03/life-saving-relationships
- 2. Willis E.A., Creasy S.A., Honas J.J. et al (2020). The effects of exercise session timing on weight loss and components of energy balance: midwest exercise trial 2. International Journal of Obesity 44, 114–124. https://doi.org/10.1038/s41366-019-0409-x
- 3. Ito S. (2019). High-intensity interval training for health benefits and care of cardiac diseases The key to an efficient exercise protocol. World Journal of Cardiology, 11(7), 171–188. https://doi.org/10.4330/wjc.v11.i7.171