

# Congratulations to the Authors of the **2022 Papers** of the **Year!**

Established by the ACSM Publications Committee, the annual Paper of the Year awards recognize excellence in ACSM's scientific and scholarly publications. The Papers of the Year are selected by each journal's editorial board based on the criteria of significance and impact. ACSM congratulates each of the author groups for their work.



*ACSM's Health & Fitness Journal* | May/June 2022

## **“Heads-Up: Effective Strategies for Promoting Mental Health Literacy in Youth Fitness Programs”**

Avery D. Faigenbaum, Tamara Rial Rebullido, and Leonard Zaichkowsky



*Current Sports Medicine Reports* | August 2022

## **“Aerobic or Muscle-Strengthening Physical Activity: Which is Better for Health?”**

Angelique G. Brellenthin, Jason A. Bennie, and Duck-chul Lee



*Exercise and Sport Sciences Reviews* | January 2022

## **“Exercise Snacks: A Novel Strategy to Improve Cardiometabolic Health”**

Hashim Islam, Martin J. Gibala, and Jonathan P. Little



*Medicine & Science in Sports & Exercise* | December 2022

## **“The Role of Muscle Glycogen Content and Localization in High-Intensity Exercise Performance: A Placebo-Controlled Trial”**

Jeppe F. Vigh-Larsen, Niels Ørtenblad, Joachim Nielsen, Ole Emil Andersen, Kristian Overgaard, and Magni Mohr



*Translational Journal of the American College of Sports Medicine* | Winter 2022

## **“Determinants of Dropout From and Variation in Adherence to An Exercise Intervention: The STRRIDE Randomized Trials”**

Katherine A. Collins, Kim M. Huffman, Ruth Q. Wolever, Patrick J. Smith, Ilene C. Siegler, Leanna M. Ross, Elizabeth R. Hauser, Rong Jiang, John M. Jakicic, Paul T. Costa, and William E. Kraus