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- 73 **Zagalaz, M.L. (2009).** Journal of sport and health research. *J of Sport Health Res*, 1(2):73-74.

Original Articles

- 75 **Bal, B.S.; Kaur, P.J. (2009).** Effects of selected asanas in hatha yoga on agility and flexibility level. *J Sport Health Res*, 1(2):75-87.
- 88 **Martínez-López, E.J.; Lara, A.J.; Cachón, J.; Rodríguez, I. (2009).** Characteristic, frequencies and type of physical exercise practiced by the adolescents. Special attention to the obese pupil. *J Sport Health Res*, 1(2):88-100.

Review Articles

- 101 **Berdejo, D. (2009).** Prescription of physical activity for old people in relation to their various diseases. *J Sport Health Res*, 1(2):101-111.
- 112 **Armatas, V. (2009).** Mental retardation: definitions, etiology, epidemiology and diagnosis. *J Sport Health Res*, 1(2):112-122.
- 123 **Torrijos, A.; Abián-Vicen, J.; Abián, P.; Abian, M. (2009).** Plantar fasciitis treatment. *J Sport Health Res*, 1(2):123-131.

Experiences/Reflexions

- 132 **Orellana, R. (2009).** Thank professor. *J Sport Health Res*, 1(2):132-133.