

Third Edition

MOTIVATING PEOPLE TO BE PHYSICALLY ACTIVE



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CONTINUING EDUCATION

Motivating People To Be Physically Active



Hales

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Motivating People to Be Physically Active Bess H. Marcus, LeighAnn H. Forsyth, 2008-09-29 *Motivating People to Be Physically Active* Second Edition translates research theories and concepts of behavioral science into a useful handbook for health professionals involved in the planning development implementation or evaluation of physical activity promotion programs The book describes proven methods for helping people overcome sedentary behavior and make physical activity a regular part of their lives Based on the five stage model of motivational readiness for change this comprehensive reference will help you design intervention programs for individuals and groups in both worksite and community settings This behavior change method can be used with healthy adults as well as those with chronic physical or psychological conditions You ll also learn to measure and improve clients motivation and assess their physical activity patterns and barriers The second edition has been fully updated and expanded to include these features An updated chapter that discusses and compares the recent physical activity recommendations of the Centers for Disease Control and Prevention the American College of Sports Medicine and the Institute of Medicine and presents the pros and cons of the recommendations for key populations An expanded description of the benefits of a physically active lifestyle Information on how technology including accelerometers and Web based intervention strategies can be used in changing physical activity behavior *Motivating People to Be Physically Active* Second Edition contains many practical tools and ideas to assist you in program implementation You ll find reproducible questionnaires worksheets logs and more to assist clients in their transition to active living The book includes case studies of successful community and worksite programs that can serve as a starting point for your own interventions and stage specific strategies and recommendations for including and motivating all participants The authors also provide a list of suggested readings that you can use to enhance your programs Web addresses and phone numbers of physical activity organizations are included which can provide you with additional information and resources With its focus on psychological and behavioral research and accessible reading style *Motivating People to Be Physically Active* Second Edition is the essential resource for physical activity behavior modification In addition to allowing you to design effective intervention programs its many program ideas tips and tools spark your motivation to educate and encourage others to lead a more active and healthier lifestyle *Motivating People to Be Physically Active* Second Edition is part of the Physical Activity Intervention Series PAIS This timely series provides useful educational resources for professionals interested in promoting and implementing physical activity programs to a diverse and often resistant population *Motivating People to be Physically Active* Bess Marcus, 2009 Now updated to include how technology can be used in changing physical activity behaviour this is a comprehensive reference describing proven methods for helping people change from being inactive to active living

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Fit for Life Lynn Madsen,2003 **Journal of Sport & Exercise Psychology** ,2002 Concepts of Physical Fitness Charles B. Corbin,2006 Through the use of activity labs and logs Concepts of Physical Fitness provides readers with the self management skills necessary to adopt a healthy lifestyle *Personal Health Self-Assessment with Health Almanac for Hales' an Invitation to Health* Hales,2007-01-29 *Principles and Labs for Physical Fitness* Wener W. K. Hoeger,Sharon A. Hoeger,2005 PRINCIPLES AND LABS FOR PHYSICAL FITNESS FIFTH EDITION focuses on the fitness topics including body composition cardiorespiratory endurance and muscular strength and flexibility and also highlights important wellness topics such as behavior management nutrition and stress management With over 100 pieces of art to make this text truly engaging it is also designed to give students the motivation and techniques they need to know to apply their learning experiences and knowledge received from their fitness course Each chapter allows readers to chart and update their progress in the various components of physical fitness The emphasis is on teaching individuals how to take control of their personal health and lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well being In addition to the strength of the text PRINCIPLES AND LABS FOR PHYSICAL FITNESS comes with a wide range of teaching and learning resources unlike any other to support your course Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition or the extensive PowerPoint with over 400 slides and free WebTutor Toolbox Online teaching support we offer a new BEHAVIOR CHANGE WORKBOOK Each copy of the text also comes packaged FREE with the exciting and interactive PROFILE PLUS CD ROM Unique to any learning tutorial this CD ROM includes self paced guided assessments exercise prescriptions and logs nutrition analysis and a text specific study guide appropriate for all health students Toward Active Living H. Arthur Quinney,Lise Gauvin,A. E. Wall,1994 Toward Active Living is the first book to bridge the gap between high level research in the physical activity sciences and its application to programs and practice The book combines the perspectives of expert scientists educators practitioners and policy makers into one of the most extensive and thorough references available for the promotion of physical activity fitness and health Written in nontechnical language Toward Active Living includes 41 of the papers presented during the Active Living portion of the 1992 International Conference on Physical Activity Fitness and Health held in Toronto The book enables practitioners to apply research based knowledge in the physical activity sciences in their day to day work Toward Active Living is an essential reference that fitness instructors health fitness administrators physical educators students and policy makers will turn to again and again The Social Psychology of Leisure and Recreation Seppo E. Iso-Ahola,1980 Ensuring the Health of

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