



Motivating People to Be Physically Active - 2nd Edition (Physical Activity Intervention)

Bess H. Marcus, LeighAnn Forsyth

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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.

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Spent a free time and energy to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled Motivating People to Be Physically Active - 2nd Edition (Physical Activity Intervention) can be fine book to read. May be it can be best activity to you.

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