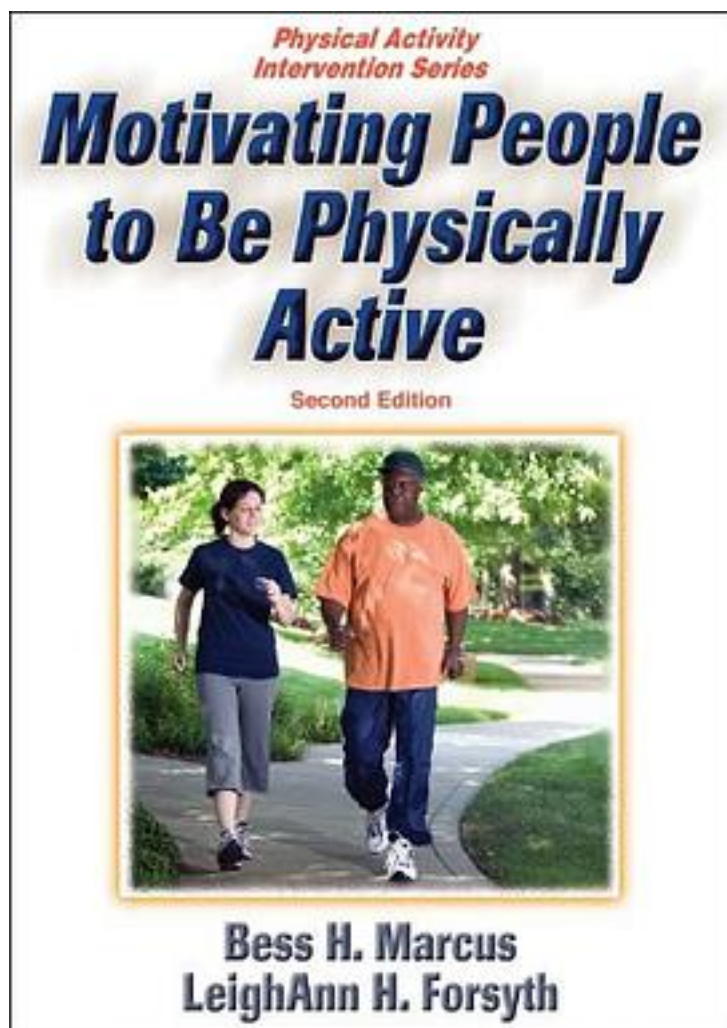


Motivating People to be Physically Active



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著者:Marcus, Bess H., Ph.D./ Forsyth, Leighann H., Ph.D.

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This new edition is a comprehensive reference describing proven methods for helping

people change from being inactive to active living. The new features include how technology can be used in changing physical activity behaviour, how the counselling process can be very helpful for the practitioner and the addition of a resources guide for exercise behaviour change videos and discussion of accelerometers. The reader will learn to use a 5-stage model to measure motivational readiness for physical activity as well as learning how to apply stage-specific strategies for individual, group, workplace and community interventions. Also featured in this new edition is a description of the benefits obtained from a physically active lifestyle and a section on 'Physical Activity Recommendations', with updated references and discussions of the pros and cons of the recommendations for key populations (e.g. children, elderly and obese).

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