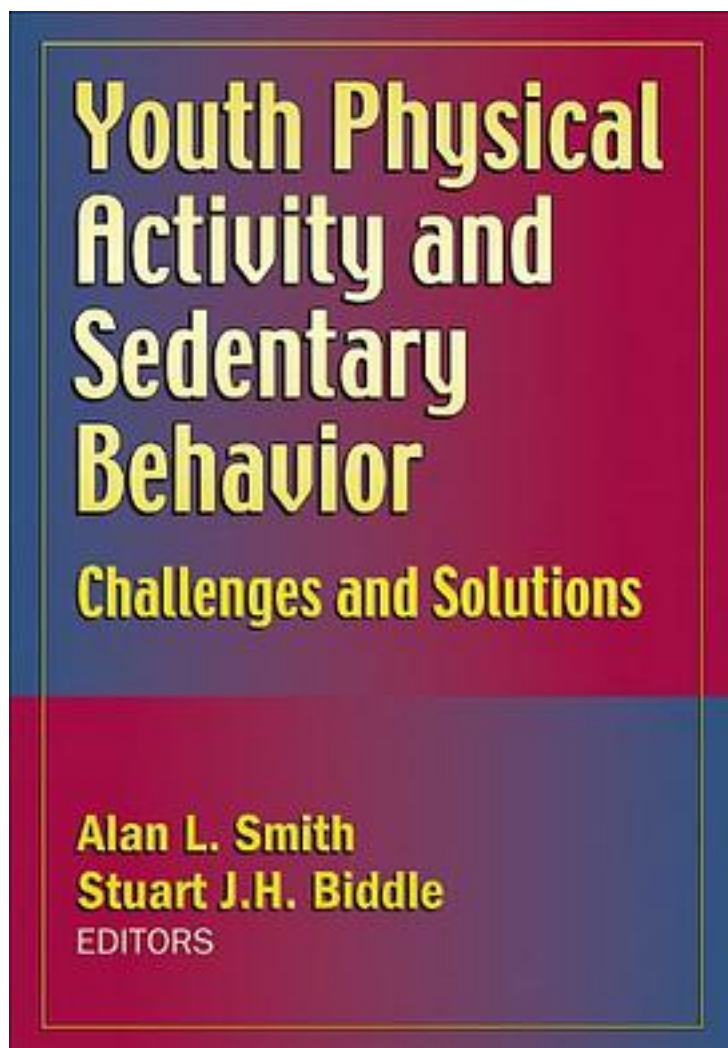


Youth Physical Activity and Sedentary Behavior



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This comprehensive, ambitious book is unprecedented in its search for psychosocial solutions to the problem of youth physical inactivity throughout the industrialised world. Leading experts reconsider fundamental questions and present numerous theories and approaches to dealing with youth inactivity, crossing a number of disciplines and covering everything from individual and group concerns to community and national policy making. Each chapter consists of both up-to-date research and practical suggestions for implementing solutions, which make this book a must for social scientists, consultants and officials who attempt to improve the health of youth. The book takes a contemporary approach by considering activity and inactivity as potentially two different behaviours with different determinants rather than placing them on a single continuum. This book will be useful as a reference for health and exercise science and social science researchers and students.

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