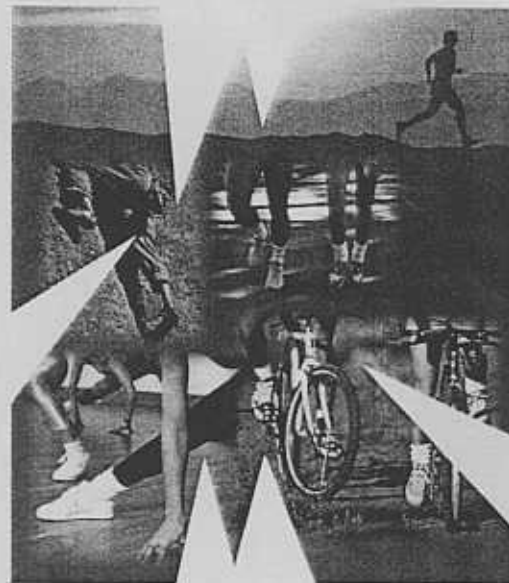


# PHYSICAL ACTIVITY & Behavioral Medicine



by **JAMES F. SALLIS,**

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Melbourne, Australia

Foreword by **Steven N. Blair**

*"This book will be useful to scientists and clinicians in many disciplines. . . . I am impressed with the broad range of topics included in the book. It is clear that the public health issue of sedentary living requires a multidisciplinary approach, and the authors are masters at using information from many areas of research and practice to present a comprehensive behavioral medicine strategy. Much remains to be done, but a crucial step is for many more in science and medicine to become involved in developing, implementing, and evaluating physical activity interventions. This book will be helpful to them in enhancing their knowledge and skills about how to promote physical activity more effectively. I recommend it highly."*

—From the Foreword by Steven N. Blair

*"A 'must read' for anyone seeking to understand this complex health behavior."*

—Abby C. King, School of Medicine, Stanford University

*"Another strength of this book is the clarity with which it is written. It is lively and interesting and one is therefore able to get through the facts without getting too bogged down."*

—Bess H. Marcus, Center for Behavioral and Preventive Medicine,  
The Miriam Hospital and Brown University School of Medicine

This thought-provoking book gives readers the first introduction to physical activity that integrates concepts and results from several disciplines. Physical activity is now recognized as a major health issue worldwide, and this book furthers our understanding of how to help people become active enough to enjoy the well-documented physical and mental health benefits. The authors use a behavioral epidemiology framework to organize the book and explore a full range of topics on physical activity: health effects, current recommendations, measurement, prevalence rates, and diverse types of interventions. By selectively highlighting some of the best and most important research in the field, the book is comprehensive yet concise. It will be a valuable resource for students and professionals in the fields of behavioral science, exercise science, nursing, and public health.

**CONTENTS:** I. Introduction // 1. Key Ideas, Definitions, and the Plan of the Book // II. Physical Activity and Health // 2. Physical Activity, Longevity, and Physical Health // 3. Physical Activity, Psychological Health, and Quality of Life // III. Defining and Measuring Physical Activity // 4. Recommended Amounts of Physical Activity // 5. Measuring Physical Activity // 6. The Descriptive Epidemiology of Physical Activity // IV. Understanding and Influencing Physical Activity // 7. Determinants of Physical Activity // 8. Physical Activity Interventions with Individuals // 9. Interventions to Promote Physical Activity in Communities and Populations // V. Conclusions and Future Directions // 10. The Future of Physical Activity and Behavioral Medicine

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