

CONTENTS

Contributors vii

Preface xi

Introduction xv

Part I Foundations for Physical Activity Promotion **1**

Chapter 1 Health Benefits of Physical Activity **3**

David M. Buchner

What Is Physical Activity? 3

What Is Physical Fitness? 4

Physical Activity and Energy Expenditure 4

Determinants of the Health Benefits of Physical Activity 5

Types of Physical Activity 7

Other Attributes of Physical Activity 7

Preventive Health Benefits of Physical Activity 7

Health Benefits of Physical Activity in Children 16

Prevention of Functional Limitations and Disability 17

Therapeutic Exercise 19

Perspective on Physical Activity Risks 19

Conclusion 20

Resources 20

Chapter 2 Physical Activity Recommendations **21**

Janet E. Fulton and Harold W. Kohl III

Healthy People 2010: National Health Promotion and 21

Disease Prevention Objectives Related to
Physical Activity and Physical Fitness

Physical Activity Recommendations for Adults— 22

Historical Considerations

Overview of Current Physical Activity Guidelines for Adults 24

Current Physical Activity Guidelines for Adults 24

What's New About the 2008 Physical Activity Guidelines 26
for Americans?

Physical Activity Recommendations for Older Adults— 29

Historical Considerations

Current Physical Activity Guidelines for Older Adults 30

Physical Activity Recommendations for Children 32
and Adolescents—Historical Considerations

Current Physical Activity Guidelines for Children 37
and Adolescents

Summary 39

Suggested Readings 39

Part II	Approaches and Interventions for Changing Physical Activity Behavior	41
Chapter 3	Informational Approaches to Promoting Physical Activity	47
	Community-Wide Campaigns	47
	<i>Sara Wilcox and Dennis Shepard</i>	
	Point-of-Decision Prompts	57
	<i>Sarah Levin Martin, Leigh Ramsey Buchanan, and Robin E. Soler</i>	
Chapter 4	Behavioral and Social Approaches to Promoting Physical Activity	63
	Enhanced School-Based Physical Education	63
	<i>Jacqueline M. Epping and Sarah M. Lee</i>	
	Individually-Adapted Health Behavior Change Interventions	75
	<i>David R. Brown and Tina J. Lankford</i>	
	Social Support Interventions in Community Settings	86
	<i>Rebeka Cook and Ross C. Brownson</i>	
Chapter 5	Environmental and Policy Approaches to Promoting Physical Activity	93
	Creation of or Enhanced Access to Places for Physical Activity Combined With Informational Outreach Activities	93
	<i>James F. Sallis and Gregory W. Heath</i>	
	Community-Scale and Street-Scale Urban Design and Land Use Policies and Practices to Promote Physical Activity	102
	<i>Thomas L. Schmid and Candace Rutt</i>	
Part III	Planning, Implementing, and Evaluating Your Intervention or Program	117
Chapter 6	Partnerships	119
	<i>Tamara Vehige Calise, Refliwe Moeti, and Jacqueline M. Epping</i>	
	Key Steps to an Effective Partnership	120
	Step 1: Determine Whether a Partnership Is Necessary	122
	Step 2: Determine Whether Potential Partners Have the Capacity and Interest to Support the Partnership	123
	Step 3: Recruit Partners	128
	Step 4: Establish Leadership	130
	Step 5: Determine One or More Common Goals	130
	Step 6: Determine the Partner's Level of Involvement and Cooperation in the Partnership	132
	Step 7: Define the Partnership's Operational Structure	132
	Step 8: Keep the Long-Term Goal in View	134
	Step 9: Start With Reasonable Short-Term Objectives	134
	Step 10: Evaluate the Partnership	135
	Conclusion	135
	Recommended Readings	135

Chapter 7	Program Planning and Evaluation <i>Sarah Levin Martin and Lauren M. Workman</i>	137
	Program Planning	137
	Program Evaluation	144
	Conclusion	151
	Suggested Readings	152
Part IV	Resources for Action	153
Appendix A	Physical Activity and Disability by <i>James H. Rimmer</i>	155
Appendix B	Physical Activity Surveillance by <i>Sandra A. Ham</i>	165
Appendix C	Physical Activity and Fitness (HP 2010 Progress Review)	171
Appendix D	Physical Activity and Health: A Report of the Surgeon General (Executive Summary)	197
Appendix E	Resources	215
	Glossary	225
	References	233
	Index	255
	About the Organization	261
	About the Editors	262