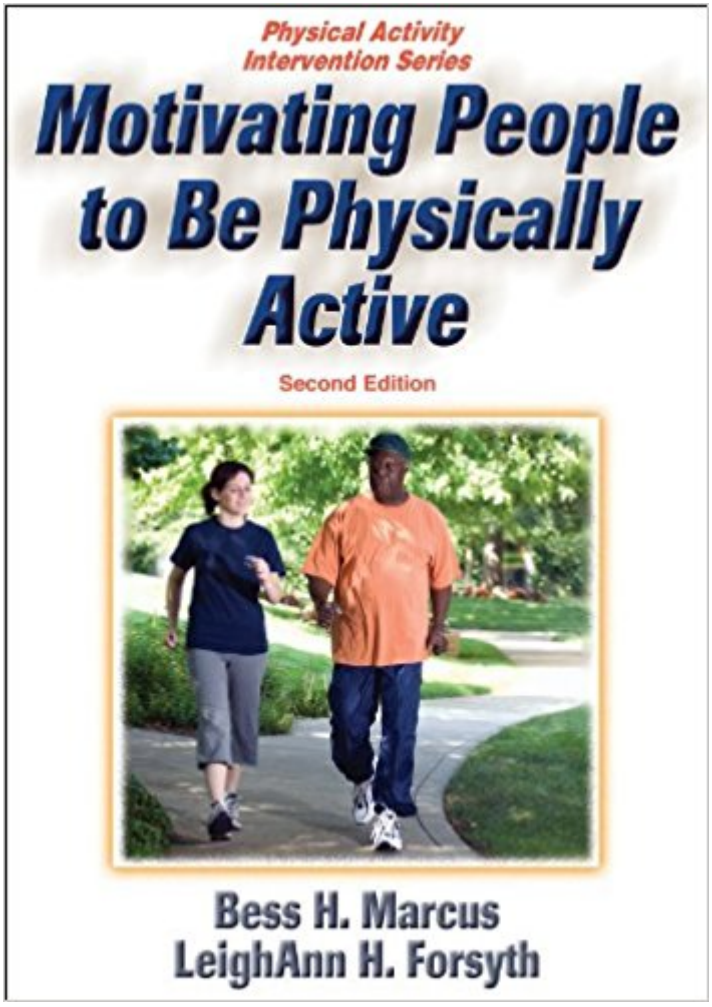
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Motivating People To Be Physically Active - 2nd Edition (Physical Activity Intervention)



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Synopsis

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 behaviorMotivating 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.

Book Information

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Customer Reviews

In my opinion Motivating People to Be Physically Active (second edition) is the best book of 2009 on how to apply theory to practice. It is the only one I have liked well enough to write a recommendation. The book starts with four chapters that provide a thorough review of physical activity and behavior change theory, with special emphasis on motivational readiness to change. This review was one of the best I have read in terms of being well grounded scientifically but also very practical. The next chapter describes how to apply these concepts to assess physical activity patterns. The final four chapters describe how to develop programs for individual counseling, group counseling, work settings and community settings. The book includes forms that can be used to track physical activity and counsel clients, and the appendix is full of questionnaires that can be used to measure many of the concepts described in the book. The book is well organized, clearly written, thoroughly documented and easy to read. I recommend it highly to anyone who is involved in designing or managing fitness programs, coaching or personal fitness training, or is teaching or studying these issues. --Michael P. O'Donnell, MBA, MPH, PhD, Editor in Chief, American Journal of Health Promotion, November 2009

Ã¢â ¬Å“In my opinion Motivating People to Be Physically Active, Second Edition is the best book of 2009 on how to apply theory to practice. It is the only one I have liked well enough to write a recommendation.The book starts with four chapters that provide a thorough review of physical

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Within the first section of book, the authors' do a great job introducing and explaining current models and theories of behavioral change as it relates to exercise. The content is clear, well organized, and interesting. This section of the book kept me engaged while readingThe second half of the book however, was not as easy to stay focused. The second sections aims to provide practical way to implement the theories of section one in the real world. A chapter would first introducing how a particular setting would have specific considerations, which was interesting. But when proposing potential strategies for behavioral change, the book becomes very repetitive, In multiple chapters, 3-5 pages in a row would have a large portion of the exact same text verbatim, or modified very slightly. For me personally, this made it hard to engage those chapters of text.Overall, the information in the text is good. But if the purpose of the book is to promote fitness students and professionals to creatively motivate others to become and stay physically active, then I believe that a more creative, engaging delivery of the practical portions of the text would be more effective.

Great book and needed it for school to become a personal trainer.

Although the concept behind this book sounds interesting, it is simply a long winded conglomeration of surveys and redundant information. I was disappointed in the manner that this book window dresses ground level basics, without any new innovative or even remotely unique ideas for motivating clients.What the book does do is help pinpoint various "obstacles" in the way of progress, by providing a rich surplus of questionnaires. However, I feel that pinpointing "obstacles" just helps you identify the excuses, and this is an ineffective approach in itself because you will find yourself in

a whirlwind of excuses and lack of progress. Regardless of which of the hundreds of excuses the client makes, the bottom line is that they haven't made exercise a priority, and they probably won't until you can bring out their desire to exercise. Besides, having a client fill out a myriad of questionnaires is likely to make thier trip to the gym an extremely boring encounter, thereby creating unenthused bias about "going to the gym".In my own experience as a personal trainer, I have found "fun" to be the best motivator. Creating games through exercise, challenging personal records, and even simple rewards make the overall gym experience a positive one, and keep the client motivated to keep coming back for more. This book overlooks these approaches.The lack of creativity in this book's approach to motivating may not be the best investment of your time, in fact, you may need to find a way to "Motivate Yourself To Finish This Book".

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