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Titolo	Applied exercise psychology [[electronic resource] ] : a practitioner's guide to improving client health and fitness // Mark H. Anshel
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Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references p. (231-235) and index.
Nota di contenuto	Contents; Preface; Foreword; 1. What Is Applied Exercise Psychology?; 2. Exercise Barriers: Why We Do Not Enjoy Physical Activity; 3. Theories and Models of Exercise Behavior; 4. Mental Health Benefits of Exercise; 5. Strategies For Promoting Exercise Motivation; 6. Basic Applied Exercise Physiology for Consultants; 7. Exercise Prescription Strategies; 8. Exercise Adherence and Compliance; 9. Consulting With Special Populations; 10. A Proposed Values-Based Model for Promoting Exercise Behavior; 11. Cognitive and Behavioral Strategies to Promote Exercise Performance 12. Maintaining Quality Control: Personal Trainers, Fitness Facilities, and Proper Programs 13. Future Directions in Exercise Consulting; Appendix A: Exerciser Checklist; Appendix B: Exercise Tests; Appendix C: Examples of Correct Stretches; Recommended Books, Journals, and Website Resources; List of Organizations and Publications; References; Index
Sommario/riassunto	This is the first applied handbook for practitioners who want to help patients begin and maintain an exercise program as a lifestyle change. Mental health practitioners (MHPs) often earn a trust that not many other professionals do with their patients. It is with this trust that MHPs

are able to encourage and help their clients begin a healthy and active lifestyle through exercise programs. This book, with easy to understand language, provides a simple introduction for mental health practitioners and clinicians to help their clients achieve better mental and physical health through exercise an

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