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Autore	Biller Henry B
Titolo	Creative fitness [[electronic resource]] : applying health psychology and exercise science to everyday life / / Henry B. Biller
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Descrizione fisica	1 online resource (268 p.)
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Nota di bibliografia	Includes bibliographical references (p. [197]-226) and indexes.
Nota di contenuto	Machine generated contents note: Step I Appreciating Your Biological Individuality -- Chapter 1 Body Wisdom -- Getting Started -- Nurturing Yourself -- Intrinsic Pleasures -- Self-Understanding -- Personality Factors -- Lifetime Implications -- Chapter 2 Staying Healthy -- Valuing Exercise -- Feeling Fit -- Inner Improvements -- Increasing Longevity -- Decreasing Risks -- Lessening Disabilities -- Sensible Changes --Step II Understanding Your Personal Potential -- Chapter 3 Mental Vitality -- Emotional Wellness -- Building Confidence -- Expanding Competence -- Relieving Stress -- Managing Anger -- Having Fun -- Deeper Meanings -- Chapter 4 Motivating Yourself -- Varied Options -- Moving Forward -- Gradual Progress -- Comfort Zones -- Overall Conditioning -- Relaxed Routines -- Internal Incentives --Step III Enjoying Your Exercise Experience -- Chapter 5 Playful Movement -- Enduring Influences -- Optimal Levels -- Individual Tempo -- Happy Times -- Athletic Activities -- Effective Scheduling -- Sustaining Performance -- Preventing Burnout -- Chapter 6 Muscle Games -- Lifetime Fitness -- Basic Stimulation -- Furthering Flexibility -- Gaining Strength -- Invigorating Options -- Selecting Sequences -- Alternating Endeavors --Step IV Improving Your Physical Appearance -- Chapter 7 Eating Well -- Controlling Fat -- Influencing Appetite -- Burning Calories -- Balanced Nutrition -- Getting Leaner -- Food Preferences -- Prudent Adjustments -- Healthy

Choices -- Chapter 8 Looking Good -- Constructive Changes -- Body Image -- Physique Variations -- Coping Patterns -- Shaping Up -- Attractive Abdominals -- Back Conditioning -- Arm Definition -- Torso Toning -- Leg Enhancement -- Step V Maximizing Your Healthful Lifestyle -- Chapter 9 Family Fitness -- Playing Together -- Realistic Expectations -- Good Examples -- Sensitive Support -- Youth Sports -- Providing Alternatives -- Sharing Opportunities -- Self-Protection -- Parenting Rewards -- Quality Time -- Chapter 10 Life Satisfaction -- Setting Priorities -- Nutritious Enjoyment -- Ensuring Restfulness -- Sexual Fulfillment -- Enhancing Work -- Active Involvement -- Positive Aging -- Maintaining Connections.
