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Nota di contenuto	Cover; Contents; Dedication; Series Editor's Introduction; Foreword; Preface; Acknowledgments; Part I - Introduction; Section Introduction; Chapter 1 - Introduction, Definitions, and Plan of the Book; Plan for This Book; The Behavioral Epidemiology Framework; Terminology; Summary; Further Reading; Part II - Physical Activity and Health; Section Introduction; Chapter 2 - Physical Activity, Longevity, and Physical Health; Physical Activity and Longevity; Physical Inactivity's Contribution to the Burden of Disease and Premature Death; Physical Activity and Cardiovascular Diseases Physical Activity and Risk Factors for Cardiovascular Diseases Physical Activity and Prevention of Obesity; Physical Activity and Weight Loss; Physical Activity and Diabetes; Physical Activity and Cancers; Physical Activity and Osteoporosis; Physical Activity and Functioning in the Elderly; Physical Activity and Low-Back Function; Physical Activity, Psychoneuroimmunology, and HIV; Health Risks of Physical Activity; Physical Activity and the Health of Children and Adolescents; Summary; Further Reading; Chapter 3 - Physical Activity, Psychological Health, and Quality of Life

Physical Activity and Psychological Health of Adults
Detrimental Psychological Effects of Physical Activity; Physical Activity and Psychological Health of Children and Adolescents; Summary; Further Reading; Part III - Defining and Measuring Physical Activity; Section Introduction; Chapter 4 - Recommended Amounts of Physical Activity; Early Recommendations to Promote Fitness; Developing Recommendations to Promote Health; Recommendations for Moderate-Intensity Physical Activity and Health; Physical Activity Guidelines for Young People; Summary; Further Reading
Chapter 5 - Measuring Physical Activity
Measurement of Adults' Physical Activity by Self-Report; Reliability and Validity of Measures of Adults' Self-Reported Physical Activity; Child Self-Reports; Activity and Heart Rate Monitors; Observational Measures Used With Children; Doubly Labeled Water; Summary; Further Reading; Chapter 6 - The Descriptive Epidemiology of Physical Activity; Comparisons of Adult Activity Levels in Industrialized Nations; Trends in Adult Physical Activity Participation; Demographic Variations in Adult Activity Levels
The Descriptive Epidemiology of Physical Activity Participation by Youth
Summary; Further Reading; Part IV - Understanding and Influencing Physical Activity; Section Introduction; Chapter 7 - Determinants of Physical Activity; Determinants of Physical Activity in Adults; Determinants for Population Subgroups; Determinants of Moderate-Intensity Physical Activity; Determinants of Physical Activity in Children and Adolescents; Relevance of Determinants Research for Designing Interventions; Summary; Further Reading; Chapter 8 - Physical Activity Interventions With Individuals
Meta-Analysis of Physical Activity Intervention Studies

Sommario/riassunto

Adopting a behavioural epidemiology framework, the authors offer an examination of what is known about physical health and activity.
