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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.

Sommario/riassunto

Biller integrates research about exercise, nutrition, and health within an applied developmental psychological framework. Readers are presented with ways of making fitness an enjoyable and positive force in their daily lives. Although a major focus is on how to get in shape, Biller's primary mission is to encourage a healthy lifestyle that enriches self-awareness and personal growth. The goal is not just to facilitate physical fitness, but to enhance overall life satisfaction. The book's uniqueness, accordingly, lies in its ability to help individuals develop a creative, playful approach to fitness in all spheres of their lives. While some readers are just beginning to think about fitness because of a desire to lose weight and improve their appearance, others are more interested in refining their athletic skills or achieving a greater balance in their daily activities. Dedicated exercisers often are striving for new routines and ways to prevent burnout. Many parents, moreover, are searching for activities to help their children, as well as themselves, become more fit. Older individuals are especially likely to be concerned about staying healthy and avoiding physical dependence as they age. Biller speaks to all these concerns-and all these groups-by providing an approach to getting in shape that enriches self-understanding and mental vitality.
