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Altri autori (Persone)	AinsworthBarbara Ellen MaceraCaroline A
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Nota di contenuto	Front Cover; Contents; Preface; Editors; Contributor List; Chapter 1: History of Physical Activity Contributions to Public Health; Chapter 2: Physiological Adaptations to Moderate-Intensity Aerobic Exercise; Chapter 3: The Unique Influence of Sedentary Behavior on Health; Chapter 4: Physical Activity in Chronic Disease Prevention; Chapter 5: Physical Activity and Injury Prevention; Chapter 6: Physical Activity in Treatment of Chronic Conditions; Chapter 7: Physical Activity in Growth and Development; Chapter 8: Physical Activity and Healthy Adulthood Chapter 9: Physical Activity and Healthy AgingChapter 10: Physical Activity and Obesity; Chapter 11: Physical Activity Measurement; Chapter 12: National Guidelines for Physical Activity; Chapter 13: Surveillance of Physical Activity; Chapter 14: Physical Activity Promotion in Underserved Communities; Chapter 15: Built Environmental Supports for Walking; Chapter 16: Physical Activity Promotion in Worksites;

Chapter 17: Promotion of Physical Activity in Schools; Chapter 18:  
Policy for Physical Activity Promotion; Back Cover

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Sommario/riassunto

Physical activity remains a critical area of research as we consider cost-effective measures for lowering the chronic disease epidemic worldwide. In our increasingly automated society, many adults and children are not active at health-enhancing levels. In *Physical Activity and Public Health Practice*, a panel of respected researchers summarizes essential topics in physical activity and community health and guides public health practitioners and researchers in understanding the positive impact that physical activity has on a host of disease states. Foc

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