

Contents

<i>List of figures</i>	vii
<i>List of tables</i>	x
<i>List of boxes</i>	xii
<i>Preface</i>	xiii
<i>Acknowledgements</i>	xv
PART I	
Introduction and rationale	1
1 Introduction and rationale: why you should take your dog for a walk even if you don't have one!	3
PART II	
Physical activity: why we do, why we don't	33
Part II introduction	35
2 Introduction to correlates of physical activity: things that might be related to being active	39
3 Theories based on attitudes and beliefs: active people have attitude!	54
4 Motivation through feelings of control: everything's under control!	75
5 Motivation through feelings of competence and confidence: I think I can, I think I can, I know I can ...	100
6 Stage-based and other models of physical activity: moving from thinking to doing	118
7 Social and environmental correlates of physical activity: people to see and places to go	137

PART III

Physical activity: a feel-good effect? 161

- 8 Psychological well-being: does physical activity make us feel good? 163
- 9 The relationship between physical activity and anxiety and depression: can physical activity beat the blues and help with your nerves? 199
- 10 The psychology of exercise for clinical populations: exercise can be good for you even when you are ill 243

PART IV

Physical activity: what works in helping people be more active 285

- 11 Intervention strategies aimed at groups and individuals: 'talking the talk and walking the walk' 287
- 12 Interventions in organisations and communities: helping people become more active where they work and live 316

PART V

Summary and future directions 347

- 13 Conclusions and future developments: bringing it all together 349

References 357

Subject index 409

Author index 419