



Physical Activity and Behavioral Medicine (Behavioral Medicine and Health Psychology)

James F. Sallis, Neville G. Owen

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'This is timely and will be of special interest to health service managers and members of primary care groups because the successful promotion of regular physical activity is a challenge contained in the strategy of *Our Healthier Nation* and is a candidate for incorporation into health improvement programmes and the service framework for coronary heart disease' - *Health Service Journal*

This crisply written and thought-provoking book integrates theories and studies from several disciplines to examine what is known about physical activity and health.

The authors use a behavioural epidemiology framework to organize the book and explore such topics as: physical activity and the health of ch

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