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Psychology of physical activity: determinants, well-being, and interventions / Stuart J. H. Biddle and Nanette Mutrie. -- 2nd ed. p. cm. Includes bibliographical references and index.

### **Psychology of Physical Activity - ResearchGate**

Determinants, Well-being, and Interventions. Stuart Biddle, Nanette Mutrie. Routledge, 2008 - Psychology - 428 pages. 0 Reviews. As modern lifestyles offer ever more opportunities for a sedentary existence, physical activity has become, for many, a marginal aspect of life. Too little physical activity is linked to common, often serious, health problems, and although this link is now widely acknowledged, levels of sedentary behaviour continue to increase throughout western society.

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ABSTRACT: Purpose: Background: Physical activity is a complex behavior which involves the interaction of multilevel factors at the individual, social and environmental level. However, previous studies have largely focused on psychological and/or social environmental factors and the direct impact of such factors on physical activity.

### **Biddle, S.J.H. and Mutrie, N. (2008) Psychology of ...**

Psychology of Physical Activity: Determinants, Well-being, and Interventions Stuart Biddle, Nanette Mutrie No preview available - 2001. Common terms and phrases.

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